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- **6:30 a.m.** Brad Jacobs' rink faces Great Britain in the curling finals.
- **10 a.m.** Men's hockey semifinals is Canada vs. U.S. **GREG DOWNS/FOR METRO**

Producing the country's best athletes

Local sports school trains the next generation of Canada's top competitors PAGES 4-5

Crazy like a fox owner

Caring for your exotic pet PAGES 24-25

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Goooooooold!

Team Canada players celebrate after their nail-biting 3-2 overtime win against rivals U.S. in the Olympic women's hockey final MORE OLYMPIC COVERAGE, PAGES 45-48

DAVID GOLDMAN/THE ASSOCIATED PRESS

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Calgary police and the case of the purloined sirloin

Black (super)market. Arrests made daily in theft and resale of food, say police

BRYAN WEISMILLER
bryan.weismiller@metronews.ca

Crooks are carting away meat, cheese and seafood from Calgary grocery stores and reselling caseloads back to restaurants in what authorities warn is a rising health concern.

Const. Lara Sampson said low-level thieves walk out with up to $3,000 worth of food products "multiple" times a day. It's then exchanged with organized criminal groups for 30 cents on the dollar or drugs.

The underground market is being driven by escalating food costs, said Sampson, who suggested shoplifters aren't afraid of mild-mannered store staff or the relatively minor charges associated with retail crime.

Intent

"These restaurants are taking a risk by buying stuff through the back door. They know that they're buying it."
Const. Lara Sampson

"Arrests are made daily, thefts occur daily," said Sampson, part of a new police unit targeting retail theft. "It's such a trend and it's growing so quickly."

Police did not provide specific figures, but nearly $11 million worth of retail goods were stolen or wasted every shopping day in 2012, according to the Retail Council of Canada.

And while the eye-popping dollar figures are enough to cause concern, investigators point out the health risks associated with eating unregulated food products.

Sampson noted the food is sometimes handled by people with infectious diseases, stored with drug equipment and repackaged without labels such as expiry dates.

It reportedly ends up in restaurants that run the gamut from seedy neighbourhood spots to established franchises.

"These restaurants are taking a risk by buying stuff through the back door," Sampson said. "They know that they're buying it."

Most customers, on the other hand, don't. It's up to police to notify health authorities, who ultimately wield the power to shut down offending businesses.

"Meat products sold on the black market by an unlicensed or unregistered supplier would not be considered safely sourced products," said Dr. Richard Musto, medical officer of health for Alberta Health Services, in a statement.

Investigators say limited resources, time-sensitivity and the volume of nefarious dealings make it difficult to get a handle on the problem.

"We are trying to address as many as we can," Sampson said.

Calgary police say they're seeing a growing trend in the theft and resale of food such as meat and cheese around the city. THE CANADIAN PRESS FILE

First of 150 new buses hit Calgary streets

Fleet manager Russell Davies in front of a new-model bus.
BRYAN WEISMILLER/METRO

Platform shoes, bell-bottomed jeans and Farrah Fawcett haircuts were all the rage in 1978 when Calgary Transit rolled out its GMC bus fleet.

After racking up 1.5 million kilometres, the last of that classic armada was retired last week — with a sleek new line coming out.

On Friday, reporters got to tour one of 150 new 40-foot rigs. The new models are equipped with air conditioning, bike racks and low floors.

"It should be a fair bit cleaner and healthier experience," said Calgary Transit fleet manager Russell Davies.

Davies tipped his cap to an old faithful, which was parked a metre away from its successor at the press event. But he admitted it's "not typical" for a bus to run for 36 years, noting that's three times more than in many U.S. jurisdictions.

"It's been a workhorse for us," Davies said.

Ten new buses were expected to hit the road by the end of the week, with another three added weekly after that.

Calgary Transit currently has 1,100 buses in its fleet, and officials say the new models are needed to replace old ones, accommodate an increase in ridership and improve accessibility by removing stairs.

BRYAN WEISMILLER/METRO

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Making Canada proud

School helped produce its share of Sochi competitors

Ten per cent of Canada's 221-athlete delegation competing in the Sochi Games are alumni of the National Sports School. As well, current student Alexandra Pretorius qualified to compete in the first Olympic women's ski-jumping event but was sidelined by an injury. Here are the other athletes who once called the school home:

Sarah Reid waves to fans after completing a run during the women's skeleton event on Feb. 14 in Sochi. ALEX LIVESEY/GETTY IMAGES

Alpine skiing
Trevor Philp
Brad Spence

Bobsled
Kailie Humphries

Freestyle skiing
Noah Bowman

Luge
Sam Edney
John Fennell
Alex Gough
Mitchel Malyk
Kimberley McRae
Tristan Walker
Justin Snith

Skeleton
Sarah Reid

Ski cross
Brady Leman

Ski jumping
Mackenzie Boyd-Clowes
Trevor Morrice
Matthew Rowley
Atsuko Tanaka

Speedskating
Gilmore Junio
Kaylin Irvine
Brianne Tutt

JEREMY NOLAIS/METRO

Next-gen athletes gear up

Olympic-sized goals. National Sport School abuzz with future podium contenders

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Finding time to hit the books in between countless training runs and hours spent buffing up in the gym can be challenging enough for Calgary's high-performance athletes.

But lately they admit some of their attention has been diverted a half-world away to a previously little-known coastal city called Sochi.

"You know you've made it when you go to the Olympics and represent Canada," proclaimed competitive luger Rachel Klassen. "It's the end all, be all."

The 17-year-old is among more than 150 high-performance athletes attending classes at the Calgary Board of Education's National Sport School (NSS). The program aims to balance sport and education for its members and is housed in a temporary area at Canada Olympic Park.

Klassen competes on the Junior World Cup luge circuit, an endeavour that saw her rocket down ice tracks as far away as Germany and Austria this season.

But lately she's been a tad mesmerized by the promising showings of her more senior peers at the Sochi Games. Female slider Alex Gough placed fourth in the women's luge competition and saw her feat matched by the duo of Tristan Walker and Justin Snith in the men's doubles event. The Canadian squad also fell one spot shy of the podium in the new team event.

"Fourth is huge," Klassen said. "We've come so far in four years and I think it really sets the standard to keep improving and maybe next Olympics go for something more."

Klassen currently counts herself fourth or fifth among Canada's female luge complement and figures she'll need to be in the top-three to compete in the 2018 Games in Pyeongchang, South Korea.

"It's a goal," she said. "I'm working really hard for it, but eight years is probably more realistic."

Klassen said she frequently brushes shoulders with Walker and Snith in the team's high-performance gym in Calgary and says their dedication inspires her to push herself.

But for some of her classmates, the joys of an Olympics berth land even closer to home.

Quoted

"The Olympics are exciting as is to watch ... but, with the students, they can provide insights related to their relationships with the athletes. It's hugely rewarding."
Ken Weipert, principal of Calgary's National Sport School

Alpine skier Huston Philp's older brother Trevor is currently competing in his first Olympics in Sochi. The pair have kept in close contact and Huston, just 16, is already dreaming of his own trek down challenging Olympic courses.

"It shows me that if (Trevor) can do it, I can put the effort in and determination and see what's possible," he said.

But prospects of landing on an Olympic podium aren't the only goal for athletes at NSS. Andie Gingrich first strapped on a pair of skates when she was two and began competitive ice dancing in Grade 7. But lately she has eyes on becoming a teacher and working as a site coach on the side.

She wants to train youngsters fresh into the sport, where medals and expectations take a backseat to having fun.

"That was my favourite part," she said. "Figure skating is a huge part of my life — and it will be that way forever — it's just not going to be my whole life."

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for moment in spotlight

Ice dancer Andie Gingrich, left, and luger Rachel Klassen are among the students training and learning simultaneously at the National Sport School. Klassen has eyes on standing atop an Olympic podium one day, while Gingrich plans to become a teacher and coach younger skaters on the finer aspects of the sport. BRYAN WEISMILLER/METRO

Vote to be held in March.
Calgary soccer club makes pitch for elite squad

Plans to add a new pro-level soccer squad are being hailed as the first steps to building a pipeline to David Beckham and Co. in Major League Soccer from Calgary.

The Foothills Soccer Club has applied to launch a Premier Development League franchise for players under 23 years old.

Foothills technical director Tommy Wheeldon Jr. acknowledged the failings of previous high-level clubs such as the Calgary Mustangs and Calgary Storm. But he assured solid financial backers are on board and he expects the fandom to grow under a stable ownership.

"We're aiming to build a franchise and a fan base over the next five to 10 years," Wheeldon Jr. said.

The Canadian Soccer Association will vote on the proposal in March. Even before the outcome, the Foothills squad plans to play friendly games in advance of the 2015 season.

Foothills technical director Tommy Wheeldon Jr. hopes to see Calgary land a Premier Development League franchise. METRO FILE

The head of Calgary's minor soccer association also acknowledged elite clubs' struggle to get a foothold in the city. Still, Daryl Leinweber was excited about the prospect for bringing in local role models for youngsters.

"It's a great opportunity for Calgary and a great opportunity of soccer whenever we're able to play at a higher level of competition," Leinweber said.

BRYAN WEISMILLER/METRO

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'Ridiculous'. Limo manager scoffs at new rules for cabs

Calgary's taxi boss is opting against "blurring the line" between cabs and high-end luxury vehicles, a decision drawing criticism from a city limo manager and potentially posing problems for a popular app that had hoped to do business locally.

Marc Halat, the city's chief livery manager, will bring forward a move Friday to require all 1,526 cabs to be in service from 4 p.m. to 4 a.m. on Friday and Saturday nights as well as during special events and periods of inclement weather.

But Cam Naghshineh, general manager of Allied Limousine, said the city now runs the risk of flooding the taxi market for all but two hours — the general closing time for city bars. He believes his pitch to allow luxury vehicles to operate in the same manner as cabs during hours of heaviest need was still a better alternative. Currently, all sedans are required to charge customers a minimum rate of $78.30.

The Uber app METRO FILE

"You're going to force people (cab drivers) to stay out there until 4 a.m? That's the most ridiculous thing I've heard," Naghshineh said.

The move could also throw a wrench into plans for popular U.S.-based app Uber to do business in Calgary. The smartphone offering allows customers to hail luxury rides with the tap of a few buttons, but such a practice is currently prohibited locally. JEREMY NOLAIS/METRO

Panorama Mountain

12-year-old skier dies in crash

A 12-year-old girl died Thursday after losing control skiing at Panorama Mountain Resort near Invermere, B.C., according to police.

"She went down a run, lost control, and went into the treelines," Staff Sgt. Marko Shehovac of the Columbia Valley RCMP said. "The conditions on the mountain at that time were light overcast, light snow. Visibility was good."

The girl was flown to hospital in Invermere by helicopter, Shehovac said, where she was pronounced dead. Police were notified of the crash at around 10:30 a.m. Thursday. The girl's father was skiing with her at the time and several friends were on scene, as well, according to the RCMP, and she was wearing a helmet. Shehovac said the girl and her father are from Saskatoon, Sask. ROBSON FLETCHER/METRO

No evidence to support dognapping claim: Cops

No suspects sought. Hundreds had been donated to aid couple

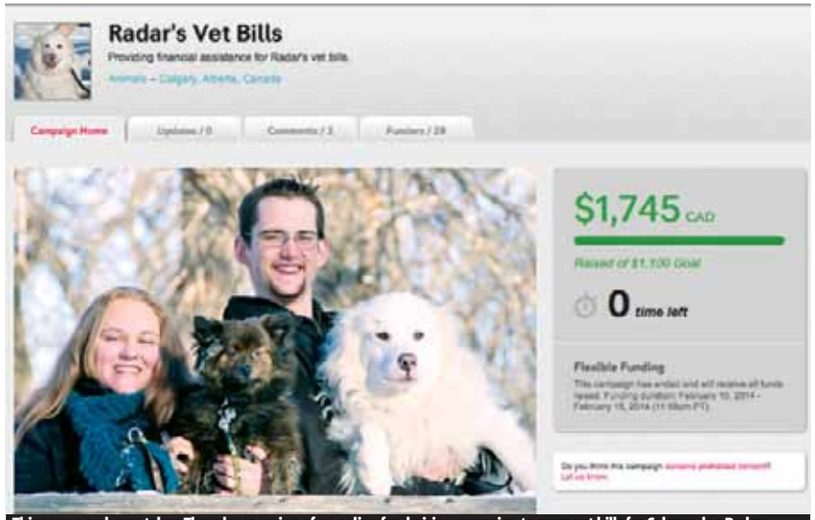
Donations from well-wishing Calgarians to a couple who claimed their dog was kidnapped and muzzled could be returned after police investigators found the pair's story contained "significant unexplained inconsistencies."

Alyssa Hatfield and Cameron Edmonds claimed their Akita husky Radar had been stolen from their yard in Whitehorn shortly before noon on Feb. 7. Edmonds claimed he later found the dog with a belt tightened over his mouth and his legs hogtied in a secluded alley a few blocks away.

But Staff Sgt. Brad Moore said investigators found no belt, no rope and no footprints in fresh snow around the couple's backyard. Veterinary examinations also found no evidence of rope burn or that the dog had struggled to break free of a belt or hogtie.

"I can't say that it didn't occur — what I can say is we have nothing to support that it did," Moore said. "I can't tell you that they're lying, I can't tell you what their thoughts were."

An Indiegogo account had been launched by a friend "in good faith" to raise money to help Hatfield and Edmonds cover Radar's vet bills in the wake of the incident. Moore said that account has since been frozen and methods are being explored to return the money to donors. As of Thursday, $1,745 had been raised.



This screen grab was taken Thursday morning of an online fundraising campaign to cover vet bills for Calgary dog Radar. Radar's owners claim the husky was taken from their yard and found in an alley later with both his legs and mouth bound, but police say they've found inconsistencies with the couple's account. SCREEN GRAB

When word of the alleged incident first came to light, it stirred panic among animal lovers online, who were quick to draw comparisons with two disturbing discoveries in a Willow Park-area alley last month. Both a cat and dog were found dead in the 200 block of 99th Avenue SE. Both had tape over their mouths and at least the dog died of starvation. Both animals had also suffered physical injuries over time, officials with the Calgary Humane Society said. A suspect or suspects remain at large.

Hatfield, meanwhile, did draw comparisons between the incident and the alleged kidnapping of her own dog in an interview with Metro last week. She said that Radar suffers from epilepsy and had been experiencing more frequent seizures since the incident.

"I wouldn't make this up," Hatfield said at the time. "I feel like we're being told that we're lying." JEREMY NOLAIS/METRO

Invoice

Alyssa Hatfield provided Metro an invoice for McKnight 24 Hour Veterinary Hospital dated Feb. 7 for a charge of $72.45. She said her fiancée took Radar to the clinic immediately after he was found and he was so emotionally distraught that he didn't think to collect the hogtie and leather belt in question.

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U of C. Dinosaur skull may be largest of its kind

Describing their discovery as "gargantuan" in both its literal size and its potential significance, University of Calgary researchers have unveiled a portion of a massive skull of an ancient dinosaur — possibly the largest specimen ever found.

The nearly two-metre-long fossil was found in Drumheller in October, when researchers noticed a portion of what to most people would have looked like little more than a bumpy rock poking out of the ground on a piece of private property.

Researcher Darla Zelenitsky said what they eventually unearthed was one of the largest, if not the largest, skull of a pachyrhinosaur ever found.

"We have lots more work to do to determine if it's a new type or species of pachyrhinosaur," Zelenitsky said. "It's possible that it could be something different."

Prof. Darla Zelenitsky holds a cast of a juvenile pachyrhinosaur skull. Behind her is the 1.5-metre adult skull she unearthed in Drumheller. ROBSON FLETCHER/METRO

She estimates the animal would have been about eight metres long and weighed as much as 4,000 kilograms when it was alive roughly 72 million years ago.

This particular specimen was found alone but previous specimens have been found in groups, she added, as pachyrhinosaurs are believed to have lived and roamed in herds. ROBSON FLETCHER/METRO

Tories

Redford critic won't be turfed from caucus

It appears government backbencher Steve Young won't be kicked out of caucus by Premier Alison Redford for criticizing her $45,000 taxpayer-funded trip to Nelson Mandela's funeral.

Redford is dismissing rumours of Young being turfed from caucus, saying she encourages open debate

Redford has apologized and taken responsibility for the bill, saying her staff didn't follow protocol, but she has refused to pay back the money. THE CANADIAN PRESS

Crime

Parents accused in boy's death appear in court

A man and woman charged in the death of their 15-year-old son made a brief appearance in court Thursday, but it will be weeks before their case begins to make its way through the legal system.

Rodica Radita, 51, and Emil Marian Radita, 62, of Calgary have been charged with first-degree murder.

Police have said their son, Alexandru Radita, died of a bacterial infection stemming from neglect and starvation due to Type 1 diabetes. THE CANADIAN PRESS

Candies laced with tetrahydrocannabinol can be extremely potent and may contain other, more harmful chemicals, warn Alberta RCMP. COURTESY RCMP

Cops not sugar-coating dangers of THC candy

Cannabis. Sweets are 'very popular' with B.C. dispensary crowd

Pot advocates may be quick to suggest drug-laced candies are a sweet deal, but Alberta police are warning buyers to beware.

RCMP revealed earlier this week that last month they uncovered 574 grams worth of tetrahydrocannabinol (THC) candies during a bust along Highway 16 near Wabumun. Officers also confiscated 5,238 grams worth of marijuana sealed in baggies. But it was the suckable candies that may prove particularly troubling, according to RCMP Sgt. Lorne Adamitz, especially given that Canada is moving out of the home marijuana-growing business and into a more commercialized approach, where a variety of products could be offered.

The suspect

Donald Cook, a 24-year-old Edmonton resident, faces charges of possession with intent to traffic after being found with a large quantity of marijuana and THC candies, police say.

"We do expect to see more of these hitting the markets," he said.

Oils extracted from cannabis are more concentrated than when in the marijuana bud, according to Adamitz, and there's also the potential for other chemicals to be mixed into the candy concoctions.

"We've seen it with bath salts (a drug that can produce severe hallucinations and was linked to bizarre incidents in the U.S. in 2012) and ecstasy.... You can basically introduce anything into these candies and pass them off as THC candies," Adamitz said.

Fans of the cannabis candies, however, were quick to suggest that, with proper precautions, the rewards can be endless for licensed marijuana users.

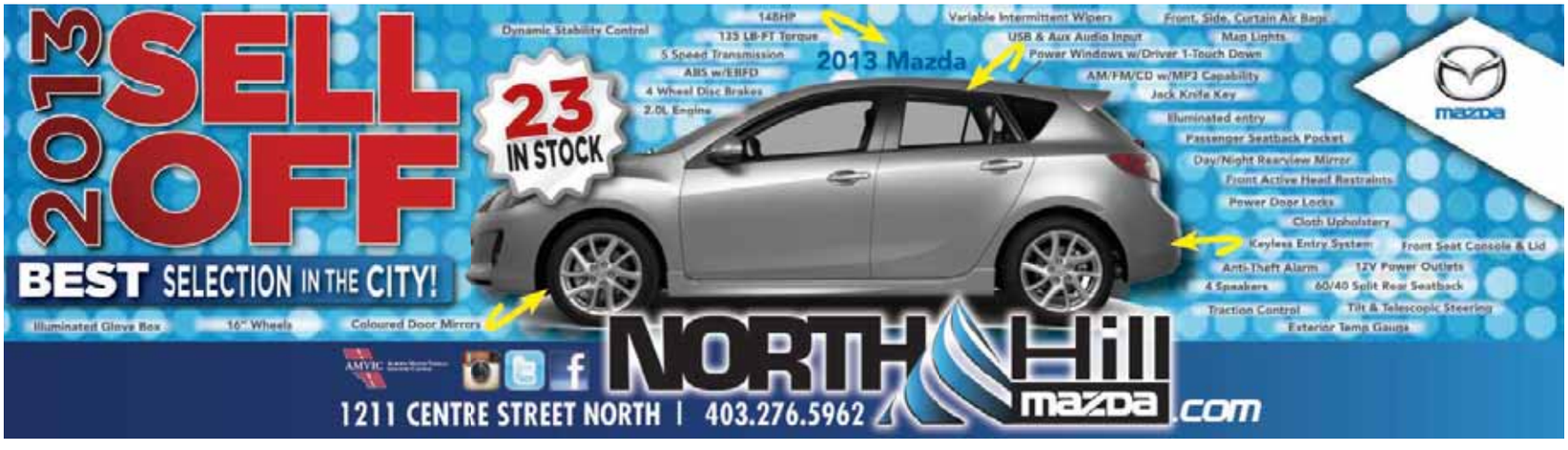
Jean-Marc Chamberland works at a dispensary in Vancouver, where THC candies are legally sold to federally approved marijuana users. He's also been known to suck on the flavourful treats while assisting customers too.

"It's all about finding what works for you," Chamberland said. "Some people will eat four bags of these — nothing. I eat two candies and I'm fried."

Even still, Chamberland says he takes steps to ensure his candy collection comes from a trusted supplier.

"If I was buying it off the street, I might question it," he said. JEREMY NOLAIS/METRO

WITH FILES FROM LEAH GERMAIN



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UNPRECEDENTED ACCESS MAKES FOR LIVELY TWITTER DEBATES IN CALGARY

IN DEFENCE OF
Mike Morrison
calgary@metronews.ca

The truth about Calgary

Days of fighting on Twitter ... made me think negatively about Calgary, especially how certain Calgarians want to cling to a single, knee-jerk ideology.... In hindsight, I realize this isn't the truth about Calgary.

Perhaps more than any other social-media tool, Twitter has the ability to affect change. At least I like to pretend it does. After all, it has the power to unite, explore, expose, frustrate and, yes, embarrass. People have found jobs, love and hope all in 140 characters.

Lately, I've become obsessed with Twitter, but not for the aforementioned good reasons. While I like to keep a positive and outgoing attitude in my real and my virtual lives, I've recently filled my Twitter feed with anger, stress and resentment. Between city hall's Pride Flag flap and the often polarizing debate over cycle tracks, it's been frustrating watching all sides throwing mud. And, make no mistake, I'm neither innocent nor immune from it.

Too much of my energy has been directed towards arguing (or debating, whatever you want to call it) with Ward 4 Councillor Sean Chu and his supporters, who, not to ruffle any feathers, seem eerily similar to Toronto's Ford Nation. Their debating mode is to move waveringly from one staunchly held belief to the next, with little acknowledgment that there might be an alternative point of view.

It's weird to find yourself in a Twitter fight with an elected official. But that's the world we live in. Twitter has given us unprecedented access to our politicians. With every tweet I sent, I truly believed I could educate Coun. Chu that bikes lanes would be used, but I was constantly met with rebuttals that ignored time of day, weather, conditions.

I might have failed in changing a rigid mind, but I'd succeeded in achieving a full-blown Twitter high. For days, it was all I could talk about. I spent hours pouring over our exchange, analyzing our cyber blow-by-blows to such an extent that I expected Don Cherry to weigh in. Out with friends, I'd tell them that I'd turn off my phone, only to quietly excuse myself from the table to post a quip or nine. It became the closest I've ever come to having an addiction problem and it felt like crap.

Days of fighting on Twitter left me depleted. For the first time in years, it made me think negatively about Calgary, especially how certain Calgarians want to cling to a single, knee-jerk ideology and refuse to open their minds to alternative points of view.

In hindsight, I realize this isn't the truth about Calgary. The character of a city can't be defined by Twitter. But I couldn't shake the feeling. I was so frustrated, sad and exhausted that I thought about shutting down my account and opening a new one or a new, non-social-media-filled life. I'd probably start knitting.

No offence to knitters, but what fun would that be? I think the best part about Twitter is that it gives you an insight into how people are really thinking, whether you agree with them or not.

I'll just think what I think, post what I want, and let the good times roll. I can always be nicer. I can learn to take the flak (and the flakes) in stride. But when my next inevitable Twitter fight with @yycdimwit causes me to relapse, please stage my intervention at City Hall. I know some councillors that wouldn't want to miss it.

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Homeless population. Numbers down from 2008

Calgary's homeless population is up from the last count two years ago but relatively flat compared to historical levels and in relation to the city's population growth, the Calgary Homeless Foundation announced Thursday.

A total of 3,533 people were counted as homeless on Jan. 15, up from the 3,190 people counted in January 2012, according to the CHF.

The latest count was about in line with the count done in August 2012, which recorded 3,576 homeless people, as well as the 3,601 people counted in May 2008.

"Given the population growth and given our affordable housing crisis, we're pretty pleased that we've at least stopped the growth," said CHF spokesperson Andrea Ranson.

The numbers are measured by having "a couple hundred people" going out on the streets in teams of five between 10 p.m. and 1 a.m. and looking for "rough sleepers," Ranson said.

Also released Thursday were four years of data depicting usage patterns at the city's largest homeless shelter, the Calgary Drop-In and Rehab Centre, showing that 84 per cent of shelter stayers from 2009 to 2012 were in and out in under two weeks.

Two per cent of shelter stayers, meanwhile, were there for two years or more.

ROBSON FLETCHER/METRO

Calgary Drop-In

The Drop-In is the largest shelter in Calgary with about 900 of the city's 1,900 spaces.

- Two per cent of shelter users at the Calgary Drop-In and Rehab Centre used 40 per cent of the shelter space from 2009 to 2012, according to data released Thursday.

'It's one of the most valuable experiences'

Calgary Kiwanis Festival. Young performers learn discipline, composure

ROBSON FLETCHER
robson.fletcher@metronews.ca

Starting Monday, thousands of young performing artists will take the stage in front of live audiences and professional adjudicators, including 12-year-old Natalie Marshall, who's been participating in the Calgary Kiwanis Festival for six years.

"It's just a good chance to perform in front of other people and get lots of feedback," said the young performer, who plans to compete in nine classes across three categories in this year's festival.

Quoted

"It's just a good chance to perform in front of other people and get lots of feedback."

12-year-old Natalie Marshall, who has been participating in the festival for six years.

"Last year in speech arts, I did a Shakespeare sonnet," she said. "I got pretty good feedback on that — I got a medal and a scholarship — so that was pretty fun for me and it's encouraging."

That combination of opportunity, encouragement and evaluation is invaluable to a developing performer, said Michael Kim, who grew up participating in the Calgary Kiwanis Festival and went on to become a professional musician and Dean of Music at Brandon University.

"A lot of those little tidbits of advice that I got from those adjudications are still with me today," he said. "As a whole, I just think it's one of the most valuable life experiences a young person can have. It really teaches you discipline, and it teaches you to hold your composure in a pressure situation."

Mary Ross, the festival's executive director, said friends and family make up many in the audience but the shows are open to all.

"It is open to the public and we encourage the public to come out and listen to these young performers," she said. "I know we are an amateur festival, but it's amazing how talented some of these kids truly are."

The festival runs Feb. 24 to March 15. A full schedule is available at calgarykiwanisfestival.ca.

Fest facts

The festival has been running since 1931.

- New to the festival this year is the Jubilee Foyer Concert Series, featuring three to eight-year-old performers.
- The concert series is also a fundraiser for the festival, which put out a call for financial support last fall in the face of major deficits.

Marshall, in costume for the musical Chitty Chitty Bang Bang, shows her award for a Shakespearean sonnet performance at last year's Calgary Kiwanis Festival. ROBSON FLETCHER/METRO

Animal cruelty

3 people charged

Two adults and one teen have been charged with animal cruelty in the alleged stabbing death of a cat in a south Edmonton neighbourhood last week.

Three males: Zachary Allen McKinnon, 18, Wendell Mack Mah, 18, and a 14-year-old were all located nearby and arrested. METRO

Icefields Parkway

No fatalities in highway crash

Police closed the main highway between Lake Louise and Jasper for several hours Thursday following a collision between a bus and a car.

The crash happened on the Icefields Parkway shortly before noon in the vicinity of Hector Lake, according to Lake Louise RCMP. Police confirmed several injuries related to the crash but said there were no reported fatalities. METRO

Edmonton

Standoff with armed man ends without injuries

A man believed to be suffering from post-traumatic stress disorder after witnessing atrocities in Africa has been taken for a mental health assessment following a five-hour standoff with Edmonton police.

Investigators say officers were called to a home Wednesday evening after a woman said her husband was suicidal and had access to guns.

He had worked as a civilian employee of the United Nations.

The man had fallen asleep and emerged overnight to surrender after police blocked off the area and brought an armoured vehicle onto the driveway to get his attention with lights and sirens.

Charges aren't expected. THE CANADIAN PRESS

U.S. drone strike may have killed at least 12 civilians, report says

Yemen. U.S. officials claim those killed were members of al-Qaida

A U.S. military drone strike in Yemen in December may have killed up to a dozen civilians on their way to a wedding and injured others, including the bride, a human rights group says. U.S. officials say only members of al-Qaida were killed, but they have refused to make public the details of two U.S. investigations into the incident.

Human Rights Watch released a report on the drone strike Thursday, citing interviews with eight witnesses and relatives of the dead as well as Yemeni officials. The report said four Hellfire missiles were fired at a wedding procession of 11 vehicles on Dec. 12, 2013, in Radda in southern Yemen, killing at least 12 men and wounding at least 15 others, six of them seriously.

In this Nov. 8, 2011, photo, a Predator B unmanned aircraft taxis at the Naval Air Station in Corpus Christi, Texas. A U.S. drone strike in Yemen in December may have killed up to a dozen civilians, a human rights group says. ERIC GAY/THE ASSOCIATED PRESS FILE

The report said the procession "may have included members" of Yemen's al-Qaida in the Arabian Peninsula, "although it is not clear who they were or what was their fate." Family members and survivors say all those hit were civilians. Yemeni officials told Human Rights Watch that most were militants.

"We asked both the Yemeni and the U.S. authorities to tell us which of the dead and wounded were members of militant groups and which if any were civilians," said report author Letta Tayler, a senior terrorism and counterterrorism researcher at Human Rights Watch. "They did not reply to this question."

She added: "While we do not rule out the possibility that AQAP fighters were killed and wounded in this strike, we also do not rule out the possibility that all of those killed and wounded were civilians."

The New York-based group called on the U.S. government to investigate and make the findings public.

THE ASSOCIATED PRESS

U.S. officials' response

Three U.S. officials said the U.S. government did investigate the December strike — twice — and concluded that only members of al-Qaida were killed in the three vehicles that were hit.

- The officials say the Pentagon can't release details because both the U.S. military and the CIA fly drones over Yemen. By statute, the military strikes can be acknowledged, but the CIA operations cannot.
- The officials said if they explain one strike but not another, they are revealing by default which ones are being carried out by the CIA.

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Former tab editor acquitted of one charge

Phone hacking trial. Former head hack at the defunct News of the World in the U.K. still faces four more charges

Former News of the World editor Rebekah Brooks was acquitted Thursday of one charge at Britain's phone hacking trial as she began her defence against four more.

Her lawyer told jurors that Brooks was "not on trial for having worked for Rupert Murdoch's company."

Judge John Saunders ruled that there was "no case for Mrs. Brooks to answer" to a charge that she illegally paid an official for a picture of Prince William in a bikini. Saunders said "considerable uncertainty" had arisen about the source of the photo.

Brooks and six others are on trial on charges stemming from the revelation that News of the World eavesdropped on voicemails of celebrities, politicians and crime victims.

All seven defendants deny the charges against them. THE ASSOCIATED PRESS

Then and now

"It all seems so silly now."

Former News of the World editor Rebekah Brooks. In pursuit of scoops, she recalled spending up to $250,000 in 1995 to get an interview with the prostitute arrested with actor Hugh Grant.

Rebekah Brooks, former tabloid editor, arrives at court. THE ASSOCIATED PRESS

'Embarrassed'

'Pizza Hut and nothing but?' Well, maybe not

A West Virginia pizza restaurant has been shut down after a district manager was caught on surveillance video urinating into a sink.

Pizza Hut Corp. spokesman Doug Terfehr said Wednesday the company was made aware of the video Tuesday and fired the employee shortly thereafter. The restaurant in Kermit, about 140 km southwest of Charleston, was then closed indefinitely.

The video dated Jan. 29 shows the manager urinating in a metal sink in a food preparation area. The incident occurred after business hours.

Terfehr issued a statement saying the company was "embarrassed by the actions of this individual."

The employee's name wasn't released.

"Pizza Hut has zero tolerance for violations of our operating standards," said the statement. THE ASSOCIATED PRESS

Drink up — water, that is

American first lady Michelle Obama is escorted by Rose Cameron, CEO and founder of a line of bottled water targeted to kids and teens, as they view the Taking Back the Streets art exhibit at the New Museum in New York, Thursday. Obama kicked off appearances to celebrate her anti-childhood-obesity and drink water initiatives. THE ASSOCIATED PRESS

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Activists evacuate a wounded protester during clashes with police in Kyiv's Independence Square in Ukraine on Thursday. EFREM LUKATSKY/THE ASSOCIATED PRESS

Deadliest day yet in Kyiv protests

Fierce clashes. Medic says scores killed and hundreds wounded in Ukraine's capital

People pass through Independence Square, the epicentre of the country's current unrest, in Kyiv, Ukraine, Thursday. Fierce clashes between police and protesters shattered a brief truce in Ukraine's besieged capital, killing numerous people. The deaths came in a new eruption of violence just hours after the country's embattled president and opposition leaders called for a truce to try to resolve Ukraine's political crisis. EFREM LUKATSKY/THE ASSOCIATED PRESS

Protesters tossed firebombs and advanced on police lines Thursday in Ukraine's embattled capital. Government snipers shot back, killing at least 70 people and wounding hundreds of others, according to medic Dr. Oleh Musiy.

Video footage on Ukrainian television showed shocking scenes Thursday of protesters being cut down by gunfire, lying on the pavement as comrades rushed to their aid. Trying to protect themselves with shields, teams of protesters carried bodies away on sheets of plastic or planks of wood.

"The price of freedom is too high but Ukrainians are paying it," said Viktor Danilyuk, a 30-year-old protester. "We have no choice, the government isn't hearing us."

Protesters were also seen leading policemen with their hands held high around the sprawling protest camp in central Kyiv. Ukraine's Interior Ministry says 67 police were captured in all.

President Viktor Yanukovych and the opposition protesters who are demanding his resignation are locked in an epic battle over the identity of Ukraine, a nation of 46 million that has divided loyalties between Russia and the West. Parts of the country — mostly in its western cities — are in open revolt against Yanukovych's central government, while many in eastern Ukraine back the president and favour strong ties with Russia, their former Soviet ruler.

Protesters across the country are also upset over corruption in Ukraine, the lack of democratic rights and the country's ailing economy, which just barely avoided bankruptcy with a $15 billion loan from Russia.

At least 101 people have died this week in the clashes in Kyiv, according to protesters and Ukrainian authorities, a sharp reversal in three months of mostly peaceful protests. Now neither side appears willing to compromise or in control of the streets. The opposition is insisting on Yanukovych's resignation and an early election while the embattled president is apparently prepared to fight until the end.

THE ASSOCIATED PRESS

Canada's reaction

Feds extend travel ban

Canada is extending its travel ban to cover more senior officials of the Ukrainian government and is promising economic sanctions as well.

Prime Minister Stephen Harper says Canadians continue to be outraged by the violence in the Ukrainian capital.

Last month, the Canadian government imposed a travel ban on some officials and promised medical aid for protesters.

There were no immediate specifics of the wider travel ban, nor did Harper's statement provide details of the planned sanctions.

He does say, however, that even tougher measures are being considered.

He is urging the hardline government of President Viktor Yanukovych to stop the violence that has rocked the streets of the Ukrainian capital of Kyiv.

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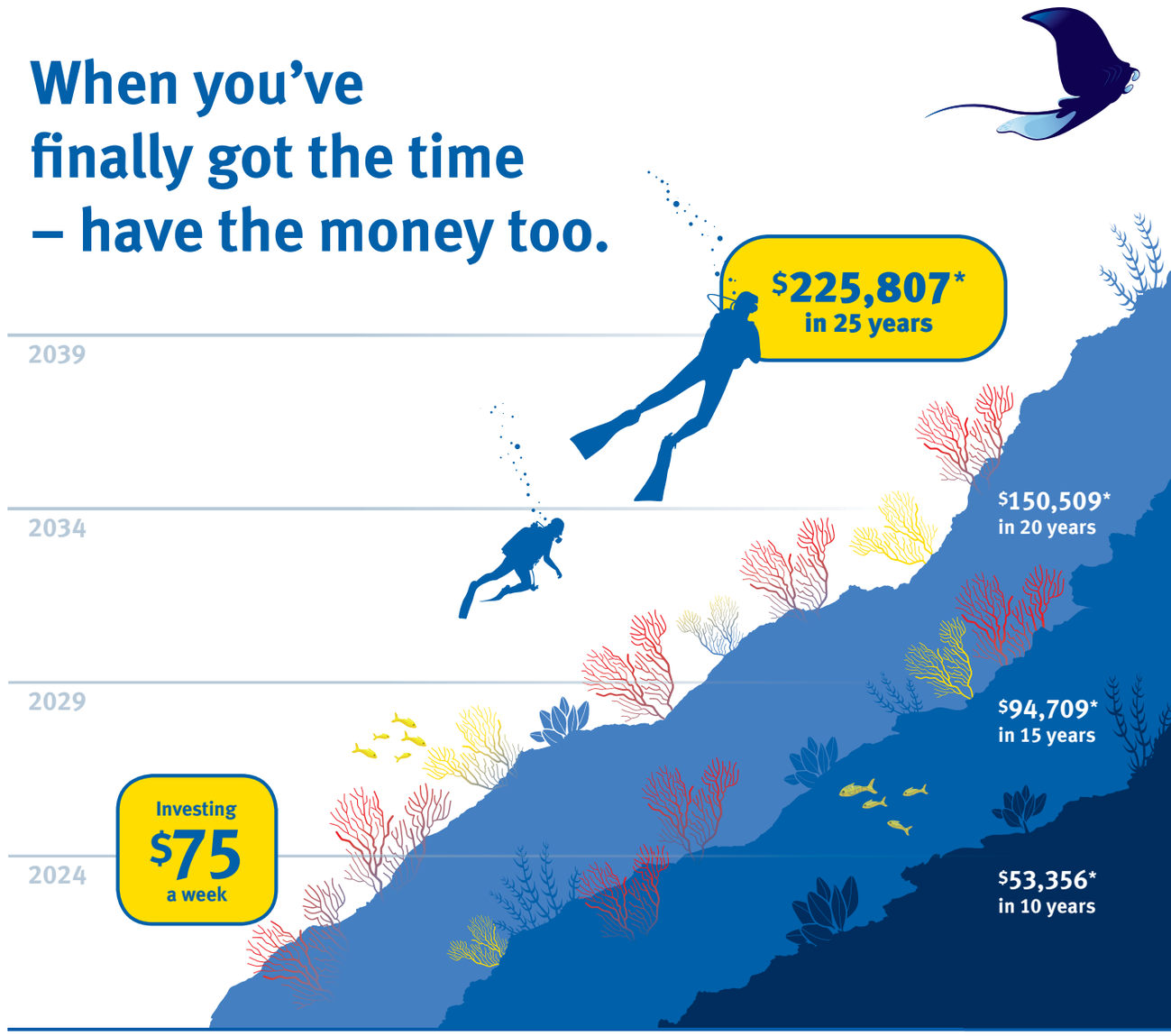

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Oilsands chemicals hit Athabasca River: Environment Canada study

Tailings ponds seepage. Research tracks toxic substances back to tarsands

New federal research strongly backs suspicions that toxic chemicals from Alberta's oilsands tailings ponds are leaching into groundwater and seeping into the Athabasca River.

Leakage from oilsands tailings ponds, which now cover 176 square kilometres, has long been an issue. Industry has acknowledged that seepage can occur and previous studies have estimated it at 6.5 million litres a day from a single pond.

The soil around the developments contains many chemicals from naturally occurring bitumen deposits and scientists have never been able to separate them from contaminants released by industry.

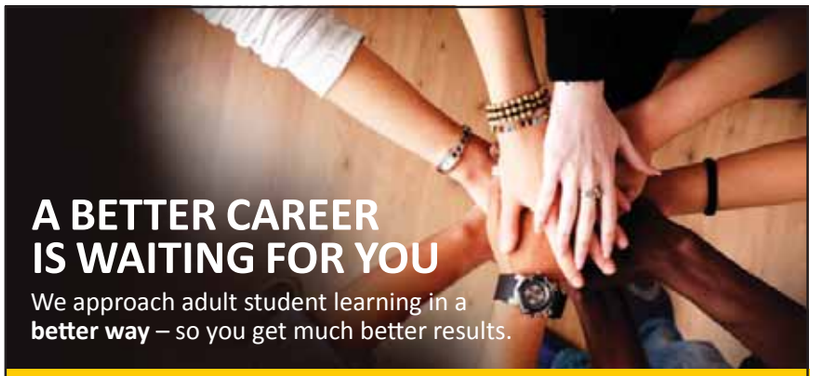
A tailings pond at the Syncrude oilsands facility near Fort McMurray, Alta., in July, 2012. New federal research has confirmed that water from vast oilsands tailings ponds is leaching into groundwater and seeping into the Athabasca River. JEFF MCINTOSH/THE CANADIAN PRESS FILE

The current Environment Canada study, accepted for publication in the journal Environmental Science and Technology, used new technology to discover that the mix of chemicals is slightly different between the two sources. That discovery, made using a $1.6-million piece of equipment purchased in 2010 to help answer such questions, allows scientists to actually fingerprint chemicals and trace them back to where they came from. THE CANADIAN PRESS

Tracing groundwater

Here's how Environment Canada did its study:

- **Scientists took 20 groundwater samples** at least one kilometre up- and downstream from development.
- **They took seven samples** from within 200 metres and directly from two tailings ponds.
- **Their focus was on so-called acid-extractable organics**, which include a family of chemicals called naphthenic acids.
- **Those toxins were found in groundwater near and far from development.** But their composition was different nearer the mines, closer to that found in the water from the ponds.



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Amigos? Yes, just not that into one another

From wheels down to wheels up on Air Force One, U.S. President Barack Obama spent about eight hours on Mexican soil for the Three Amigos summit.

After the motorcades, the private bilaterals, the short speeches to a business forum and the photo-op strolls around a majestic stained glass greenhouse, about 90 minutes remained Wednesday for the actual three-way meeting of Obama, Prime Minister Stephen Harper and their host, Mexican President Enrique Pena Nieto.

For some, that embodies Obama's attitude towards North American leaders' summits in general and why the so-called Three Amigos club has been in such decline: Obama is just not into it.

"His cameo appearance at this summit sends a clear message that when it comes to North America, Canada and Mexico are dancers without a dance partner," said Fen Hampson, director of global security for the Waterloo, Ont., Centre for International Governance Innovation.

With the U.S. midterm elections coming up, Obama is also boxed in by politics back home.

Prime Minister Stephen Harper walks with U.S. President Barack Obama in Toluca, Mexico, on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

The North American Free Trade Agreement, the 20th anniversary of which was feted in Toluca, won't be a vote getter, said Hampson.

"NAFTA has never been popular with the base of the Democratic party and generally seen as a job loser, not a gainer," he said.

While he heaped praise on his North American neighbours, Obama also told a business forum in Toluca that the United States, Canada and Mexico will always have parochial interests."

Harper spent almost three full days in Mexico, including a separate visit with Mexico's Peña Nieto. The Mexican leader is the driving force for revival of the trilateral relationship, showcasing his country, and pushing for a co-ordinated strategy to transform North America into the world's energy powerhouse. THE CANADIAN PRESS

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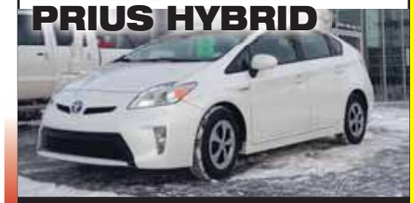

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Trudeau tells convention he's not interested in 'politics of division'

'We are here to hope.' Liberal leader decries partisanship of other parties, says they want 'to see who can make Canadians angrier'

Justin Trudeau cast himself Thursday as a purveyor of hope and economic growth as he opened his first national Liberal convention since being crowned leader last April.

He positioned himself in contrast to what he termed "the politics of division," which he maintained is practised by Prime Minister Stephen Harper, NDP Leader Tom Mulcair and Parti Quebecois Premier Pauline Marois.

"My friends, I have no interest in joining Mr. Harper and Mr. Mulcair in a competition to see who can make Canadians angrier," he told some 3,000 delegates.

"We are here to hope. We are here to work hard. We are here to build. We are here to put together the team and the plan to make this country better."

That said, Trudeau was not above taking shots at his rivals, particularly Harper, whom he accused of creating the environment in which intolerance thrives, as demonstrated by the popularity of the PQ's controversial charter of Quebec values, which bans public servants from wearing prominent religious symbols.

Under Harper, Trudeau said incomes of middle class Canadians have stagnated, household debt has skyrocketed and the gap between rich and poor has widened. And that, he said, has created an environment in which intolerance thrives.

"People are susceptible to fearful, divisive messages when they're worried, worried about their jobs, their debts, their retirement, their kids' futures," he said.

THE CANADIAN PRESS

Liberal Leader Justin Trudeau addresses his party's policy convention Thursday in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

Military sharing 'a model for the future' due to austerity

Britain's top military commander says leaner defence budgets are here to stay and allied nations will likely find themselves sharing resources in ways they may not have done in the past.

Much like his Canadian counterpart, Gen. Sir Nick Houghton has been grappling with drastic budget cuts that will see the size of the British regular force reduced by 20,000 over the next six years.

The Harper government's most recent budget left the Canadian military's bottom line alone, but shifted $3.1 billion of capital spending off to some time in the future. National Defence has already been through recent cuts.

The reality of smaller defence budgets means that instead of each nation having everything it needs for international missions, countries will be forced to share resources, such as drones, aircraft and transports.

"Our ability to genuinely get into partnerships that pool and share capability should be a model for the future," Houghton said.

THE CANADIAN PRESS

Fatal confrontation

New indictments for Mounties in Taser perjury case

New indictments have been filed against two Mounties accused of perjury at a public inquiry into Robert Dziekanski's death, adding an allegation the officers lied when they testified that they hadn't talked about what happened after his death.

Dziekanski, who was immigrating to Canada from Poland, died on the floor of the Vancouver airport after he was repeatedly stunned with an RCMP Taser in October 2007.

All four RCMP officers involved in the fatal confrontation were charged with one count of perjury. One of them, Const. Bill Bentley, has already been tried and acquitted.

THE CANADIAN PRESS

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Japan may reopen study that led to 1993 apology for sex slavery

Leaning toward denial? The report acknowledged many women were forced into prostitution for Japan's wartime military

Japan's government said Thursday it may re-examine a 20-year-old study that led to a landmark apology over forced prostitution during World War II, in a sign it is leaning toward a denial that officials were involved in organizing sex slavery.

Chief Cabinet Secretary Yoshihide Suga, the official government spokesman, said it may decide to verify the accuracy of interviews with 16 South Korean women who said they were forced to serve as prostitutes for Japan's wartime military.

Although numbers vary, some historians say as many as 200,000 women from across Asia, most of them Koreans, were forced to serve as sex slaves, called "comfort women" in Japan, for frontline soldiers.

Japanese nationalists have long insisted that women in wartime brothels were voluntary prostitutes, not sex slaves, and that Japan has been unfairly criticized for a practice they say is common in any country at war.

The interviews, conducted by Japanese officials in 1993 at the request of South Korea's government as part of a broader investigation by Japan, were key to a statement in which Japan apologized later that year.

A reversal of that apology would greatly worsen already-strained relations between Japan and South Korea.

The statement, issued by then-Chief Cabinet Secretary Yohei Kono, acknowledged that many women were forced into prostitution for Japan's wartime military, despite a lack of records clearly indicating direct government involvement. THE ASSOCIATED PRESS

Former South Korean comfort woman Kil Un-ock, centre, who was forced to serve for the Japanese troops as a sexual slave during the Second World War, shouts slogans during a rally in front of the Japanese Embassy in Seoul in May 2013. AHN YOUNG-JOON/THE ASSOCIATED PRESS FILE

Backpedalling

Japanese Prime Minister Shinzo Abe has been criticized by South Korea and China for backpedalling from past Japanese apologies and acknowledgements of wartime atrocities.

- Members of Abe's nationalist government and many others who share their view have been frustrated by recent efforts by South Korea to enlist U.S. support in pressuring Japan to stick to its 1993 apology. They are stepping up efforts to discredit accounts by South Korean women who say they were sex slaves.

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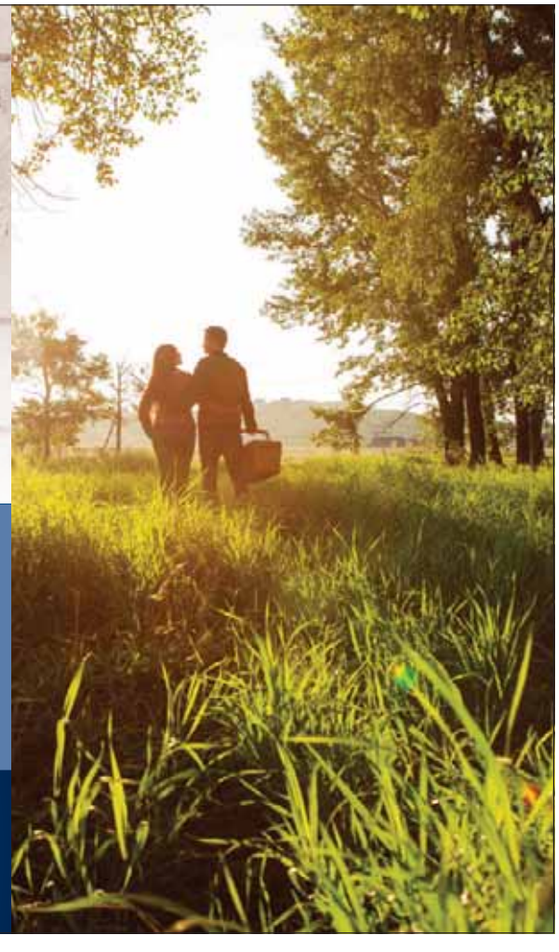

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The opossums that Metro reporter Rita Poliakov saw at a breeder's house were smaller than the wild opossum, which is pictured above. ISTOCK

So, you want to buy an opossum

'Other pets.' How one reporter's quest for the perfect marsupial led to an imperfect situation

RITA POLIAKOV
Metro in Toronto

It didn't take long for the baby opossum to escape my grip.

About the size of my palm, it quickly made its way off my hand, around my shirt and onto the couch. After hours of researching the marsupial, I guess I never realized how quick they would be. Or how agile.

I didn't expect to find myself at an opossum breeder's house on a Sunday morning, chatting about cockroach lunches and ferret pellets. But there I was, watching a full-grown opossum cuddle with its owner. He looked downright adorable.

Scouring the web

My journey may have ended at a breeder's an hour away from Toronto, but it began on Kijiji. My goal was to go through the same steps a prospective exotic pet owner might before finding that perfect critter. And for me, that started online.

On Kijiji, lurking in the "other pets" section, I found a wealth of exotic animals — hedgehogs, Bengal cats and pythons, all just a click away. After a bit of Googling, I settled on a Brazilian, short-tailed opossum. And then I looked up Toronto's animal bylaws.

Opossums, it turns out, are in the prohibited animals list, right in between kangaroos and wallabies.

"Part of the reason for the exotic animal bylaw is these animals need quite a lot of specialized care," said Mary Lou Leiher of Toronto Animal Services. "Opossums, they're still wild animals. They're just being socialized.... That doesn't make them domesticated. Wild animals have different brain chemistry and should be left in the wild."

If I'm caught with an opossum, animal services would try to get me to give up my pet voluntarily. Otherwise, I could get charged and saddled with a fine as high as $5,000.

'They're actually illegal'

"Sure, he would treat my opossum in an emergency, but then he'd inform me of the Toronto bylaws and recommend I take the pet to an animal rehab."

Providing the essentials

Trying to keep my opossum obsession on the down low, I started looking at care options. The breeder suggested using a plastic storage container with mesh on top where the lid would be instead of a cage. The opossum's diet would be a little bit more complicated. Opossums need lots of variety, including ferret food, insects and baby food.

My next step was to talk to someone with experience. Richard Johnstone is an exotic animal science instructor at Sheridan College in Toronto. When living in Australia, Johnstone took in a baby possum (not to be confused with the North American opossum).

"It was delightful. I would bring home all kinds of eucalyptus. She'd sit on the back of the couch and chew them. She was quite sweet," he said.

But when the possum got to adulthood, Johnstone released her. According to the instructor, mature possums can get aggressive when their hormones kick in.

Finding a vet

Armed with information, a hypothetical storage container and lots of cockroaches (also hypothetical), my last step was to find a vet. Which proved to be my downfall.

The Links Road Animal Clinic in Toronto treats all kinds of exotic animals. But Dr. Evan Mavromatis hasn't seen many opossums.

"They're actually illegal," he was quick to tell me. Sure, he would treat my opossum in an emergency, but then he'd inform me of the Toronto bylaws and recommend I take the pet to an animal rehab.

Still, if not for animal bylaws, I think I'd enjoy owning a cuddly, agile marsupial. You know, hypothetically speaking.

Metro reporter Rita Poliakov initially wanted to research buying a Fennec fox, shown here, but YouTube videos showcasing the animal's astonishingly high energy level convinced her to look for something else.

ISTOCK

Day 3: Exotic pets in Canada

After two New Brunswick boys were killed last year by an escaped African rock python, we wanted to understand why so many Canadians bring exotic — and sometimes lethal — animals into their homes and lives. What are the costs involved in caring for such critters? How many of these pets are illegal? And what happens when it all goes wrong?

- **Online.** Read about Jagger, a serval cat who lives in a Regina suburb; escape the clutch of a Burmese python; and hear what the Ikea monkey's mom has to say about having wild friends.

That's not really a pet, is it?

Ranking No. 1 on Animal Planet's Top 10 Peculiar Pets list was none other than the Madagascar hissing cockroach (which produces a hissing sound when air travels through respiratory openings on the abdomen). These roaches could make ideal pets for those living in small dwellings, as the creatures only need a small enclosure with places to hide and sticks to climb. They're also suitable for exotic-animal owners who are on a budget. The insects eat fresh vegetables with dry pellet food that's high in protein. METRO

ISTOCK

Jabba the Hut, or the face of cold-blooded danger? Read below to find out why this African bullfrog named Jeremiah can be a tricky pet. CONTRIBUTED

A soft spot for cold-blooded creatures *

From slithering serpents to creepy crawlies, Valerie Williams' vast array of cold-blooded pets would make even the bravest person cringe. But Williams wasn't nicknamed the Snake Lady for nothing.

Turning 80 this March, she has been all over Ontario educating adults and kids about reptiles, amphibians and insects since 1969. "A lot of people are scared of cold-blooded animals and often overlook how important they are," said Williams, who lives in London, Ont..

In every presentation, she likes reminding her audience about how useful these creatures are in the wild as they perform essential tasks like breaking down plant material to make new soil.

Williams' fascination for cold-blooded animals started when she was a young girl in her native England. At four years old, she was given her first pet snake. "My dad was an environmentalist and he'll just give me pets to take care of so I really appreciated them early on and was never really scared," she said.

Several decades after, Williams' interest has shown no signs of waning. She now keeps 20 rodent-eating snakes from ball pythons and king snakes to milk snakes and her favourite, corn snakes, which grow up to five feet and come in every colour except blue. "They're all extremely well-behaved," Williams said. "I will never do a show with an animal I don't personally know."

SARAH TAGUIAM/METRO IN REGINA

* Surprisingly, snakes aren't the most dangerous cold-blooded pets Valerie Williams owns. That title goes to her African bullfrog, Jeremiah. "He bites just because he feels like it," Williams said. "His kind attacks snakes and will even latch onto lions when they come down to drink in the watering hole." To see how sharp an African bullfrog's teeth are, search for "African bullfrog Erindi Private Game Reserve" on YouTube.

Having trouble with your pet fox? Help's a click away

Online support. Exotic animal owners can turn to Internet forums when they're having problems

ANDREW FIFIELD
Metro in Toronto

You become responsible forever, for what you have tamed.

That quote from French writer Antoine de Saint-Exupéry has become a mantra for exotic pet owners, but a dedicated Internet community is happy to help newbies shoulder that responsibility.

"Sadly, there are quite a few people who do not get the support they need," says Ash Whatcott, a forum moderator for Sybil's Den, a rich resource for new and prospective owners. "Rehoming an exotic animal is not easy and they can become very stressed."

A stressed animal makes for an unhappy pet, and an unhappy pet can be a destructive force, overwhelming new owners who worry they may have bitten off more than they can chew and marking a point where a helpful community becomes invaluable.

Fable's early days were trying for his owner, Ash Whatcott, but a little help from her online friends went a long way. CONTRIBUTED

According to Whatcott, animals that spend their early days sharing a home are unlikely to find a happier habitat after proving too much for their owners. Many end up in hands-off sanctuaries, which can be difficult for animals used to human contact. Others can end up being euthanized.

Whatcott herself was among the potentially overwhelmed owners after first adopting her red fox, Fable. Foxes are notoriously energetic and clever, traits that can get out of hand for an unprepared owner. Wrestling with red fox red tape such as securing the proper permits can also be daunting.

And though the help provided at Sybil's Den was a huge assist in the early days, the window for potential complications stays open.

"This past fall, I ran into difficulties when Fable's temperament unexpectedly changed," says Whatcott. "By speaking with other members I learned what to do to correct the situation and now Fable is back to his playful, loving self.

"If not for the community, I'm not sure I ever would have seen that cute little white-tipped tail wag again."

Quoted

"Rehoming an exotic animal is not easy and they can become very stressed."

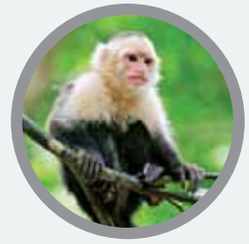
Ash Whatcott, a forum moderator for Sybil's Den

Which famous guy owned an anteater?

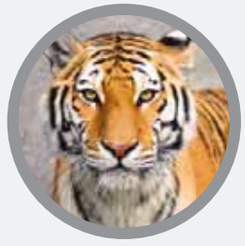
Mike Tyson, Vanilla Ice, Nicolas Cage, Justin Bieber, Salvador Dali and Michael Jackson are just some of the celebrities who've kept exotic pets. Guess which one owned which critter. (Answers below.)

Anteater

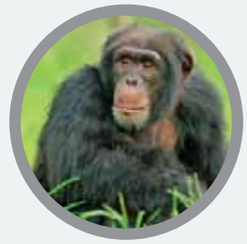
Octopus



Capuchin monkey



Tiger



Chimpanzee

Wallaroo

ISTOCK

Answers: Salvador Dali = anteater, Nicolas Cage = octopus, Vanilla Ice = wallaroo, Justin Bieber = capuchin monkey, Mike Tyson = tiger, Michael Jackson = chimpanzee

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Beginning of the end for door-to-door mail delivery

Hey, Albertans. Bid adieu to your postie, as 11 centres kick off move to community boxes

Eleven centres will start collecting mail at community boxes this fall as Canada Post begins its move to end door-to-door delivery.

It's the first stage of a five-year plan announced in December and will involve about 100,000 addresses.

Canada Post says that in large cities during this phase, only a few neighbourhoods will be affected, and delivery will continue to businesses.

In the smaller municipalities, nearly all households and a higher proportion of businesses will move to community mailboxes.

Canada Post says these neighbourhoods are near areas that already have community mailboxes, so the infrastructure is already in place.

The Crown corporation will ask for feedback about the change for use as the program moves to other communities.

The national mail service says rising costs and falling mail volumes have made it impossible to continue its traditional operations.

It says only about one-third of Canadians are still getting home delivery. THE CANADIAN PRESS

Some Calgary areas, Fort McMurray hit

The 11 communities and the approximate number of affected addresses are:

- **Alberta.** Some neighbourhoods in Calgary (postal codes start with T2B, T3J) (10,450 addresses) and Fort McMurray (8,450 addresses)
- **Manitoba.** Some neighbourhoods in Winnipeg (postal codes start with R2P, R2V) (12,500 addresses)
- **Ontario.** Oakville (26,400 addresses); neighbourhoods in Kanata, near Ottawa (postal codes start with K2K, K2L, K2M) (7,900 addresses)
- **Quebec.** Rosemère (3,350 addresses); Lorraine(2,550 addresses); Bois-des-Filion (2,750 addresses); Charlemagne (1,300 addresses); Repentigny (14,400 addresses)
- **Nova Scotia.** Halifax neighbourhoods in the Lower Sackville and Bedford areas (postal codes start with B4A, B4B, B4C, B4E, B4G) (9,950 addresses)

Market Minute

DOLLAR 90.10¢ (-0.14¢)

TSX 14,210.37 (+ 90.64)

OIL $102.92 US (-$0.39)

GOLD $1,316.90 US (-$3.50)

Natural gas: $6.04 US (-$0.06)
Dow Jones: 16,133.23 (+92.67)

WhatsApp with Facebook's record-busting purchase?

ELISABETH BRAW
Metro World News in London

Facebook has paid $19 billion US for WhatsApp, the smartphone app that allows users to send text messages for free. How can an app be worth as much as Honduras's entire economy, and much more than the economies of Jamaica and Nicaragua? Metro spoke with Bryce Keane, founder and director of the London social media firm Albion Drive and co-founder of events firm 3beards.

$19 billion, isn't that too much money for a company that doesn't make any money?

Let's be honest, it's a pretty crazy evaluation. Facebook already has a similar technology but not many users, whereas WhatsApp has 450 million users. Facebook is buying WhatsApp's users and space.

But how is Facebook ever going make the money back?

It's not buying WhatsApp to make money but to enter a new market and capture an active user population that doesn't use Facebook. A lot of young people use WhatsApp because they can't afford text messages. And let's be honest, somebody else already bought Skype and Viber. The messaging war is on.

Cold stone failure: Timmies puts creamery out of misery

A pedestrian walks past a Tim Hortons location with a Cold Stone Creamery in Toronto on Thursday. Tim Hortons has announced it's pulling the plug on its deluxe ice cream shops, a decision that cost the company about $19 million in the fourth quarter. The partnership with the American dairy chain, which began in 2009, will continue in the Tim Hortons locations in the United States. TEXT: THE CANADIAN PRESS; PHOTO: TORSTAR NEWS SERVICE

GOD WILL MAKE A WAY

THE REDEEMED CHRISTIAN CHURCH OF GOD

Difficult situations create avenues for God to reveal His divine presence and make a way. Even though we may not know when, how and where as Don Moen sang, "He works in ways we cannot see". He will surely show up. Just trust in Him. Because the Psalmist says, "Seek the LORD, and his strength: seek his face evermore." (Psalm 105:4).

RCCG CHRIST EMBASSY
1101 2nd St NW, Calgary AB

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UNIVERSITY OF CALGARY

Study approved by Conjoint Health Research Ethics Board **Ethics ID# 24612**

CURLING GETS A BIT NUTTY

THE METRO LIST

Paul Sullivan
metronews.ca

The world's most bizarre Olympics (and that's saying something) are cruising to a climax in Sochi this week, so it's only natural that all the follies are trending on social media.

1 **The aim: to land the walnut in the centre of the nest.** Perhaps the funniest video ever made. The BBC is responsible for running a video of the U.K. and U.S. Olympic women's curling match over a soundtrack of David Attenborough, in full plummy upper-crust roar, describing the mating ritual of some kind of exotic critter, while curlers point, sweep, curl the "walnut," and exhort each other strenuously. The walnut gets to be the rock. Curling finally makes some kind of sense.

2 **Pound sand.** Former Canadian Olympic chief Dick Pound gets a giggle on Twitter every time he's mentioned at Sochi merely because of his name. Somehow this guy managed to spend the last 50 years as a dedicated servant of amateur sport and as the world's foremost anti-doping crusader, only to trend on Twitter in his latter days because he's got a name that's more suited to a Sochi Tinder account.

3 **And the gold medal for protesting at Sochi goes to...** Pussy Riot. I'm not saying they went out of their way to get beaten up, but for sheer, er, punch, the YouTube video of the women of the Russian protest rock group getting beaten and whipped (yes, whipped) by members of the Cossack militia in front of the Sochi hoarding that surrounds the Olympic site is probably the most effective statement made against the whole fiasco. Their offence? Singing, "Putin will teach you how to love the motherland." OK, so it's not the song of the Volga Boatmen, but whipped?

4 **Got a problem with that?** The Sochi Games are plagued by so many problems @Sochi2014 still doesn't have as many followers as @SochiProblems. Not even close: 263,000 for the former to 340,000 for the problems. The Russian-language problems site has an additional 171,000. D'oh! Or is that da!?

5 **Meanwhile, over at the Shanghai Games.** Not all the action is in Sochi. If you want see a real Olympian effort, how about two guys climbing the tallest building in China, the second tallest in the world, at 121 storeys and 632 metres? The hardest part? Once they got to the top, they have to look down.

6 **Put down the phone. Step away from the table.** French chefs are notorious prima donnas. But it's hard to argue with their latest source of outrage. Before they savour the savoury, diners are getting in the habit of documenting their meal and uploading the image to social media. "There is a time and place for everything," declares Alexandre Gauthier, chef of the Grenouillere in La Madelaine-sous-Montreuil. Not only that, it's bordering on gastronomic espionage. That will be 50 euros for the duck and 10 for the residuals. Or is that leftovers?

Follow The Metro List on Twitter @TheMetroList

ZOOM

Remembering a teammate

JONATHAN HAYWARD/THE CANADIAN PRESS

Canada's Nik Zoricic honoured by team

Canada's Christopher Delbosco, left, flies through the air during the eighth final of the men's ski cross at the Sochi Winter Olympics in Russia on Thursday.

Members of the Canadian ski cross team who would normally be dressed head-to-toe in red and white, designed denim-looking ski pants for their Olympic race in honour of Nik Zoricic, who died after an accident on the ski cross course in March 2012.

THE ASSOCIATED PRESS

Denim makes a real statement in Sochi

When Toronto's Nik Zoricic began his ski cross career, he didn't have the right pants, so he wore blue jeans to the mountain.

Zoricic crashed through safety nets in a World Cup event, suffered severe head injuries and died in Grindelwald, Switzerland. Two months earlier, Canadian free skier Sarah Burke died in a training accident.

Canada's Brady Leman finished fourth Thursday in ski cross finals. France took all the medals.

THE ASSOCIATED PRESS

Clickbait

DYLAN ROBERTSON
Metro Online

GETTY IMAGES

Looking for a cheap drink? Craving your favourite brew? Use your phone's geo-location tracking to find booze and deals. Drink responsibly!

DrinkOwl:
This free app maps out drink specials and happy hours in your city. It also lists the hours of all alcohol stores in every province. Works on iOS, Android and BlackBerry.

Findmytap:
This free app shows you which beer nearby watering holes carry. Use your iOS or Android to search for your favourite pint.

Twitter

@metropicks asked: Some French restauranteurs want to eliminate food porn by banning smartphones while dining. Where would you ban smartphones?

@YvezBourgoin: movie theatres and concerts getting out of hand!

@5gatos: dislike all this "banning" how about ask your patrons nicely? Explain your views. #enoughrules

@jennifercw015: I agree with the restaurant and I would add a movie theatre or ordering anything from a customer service agent

@ramosjcr: ya okay, now we can't have smart phones in restaurants! Not going to happen! Instead they should embrace it!

@dansgoodside: I'd ban them around my own dinner table so that my friends would actually pay attention to me!

@Zaedum: Smartphones are a part of the world and entered us into an age of connectivity. They shouldn't be banned anywhere, except planes

@scottmahoney94: Line ups in fast food restaurants while ordering

@insideoutsidemk: if I'm paying for the dish why can I not photograph it! Pro iphone! I wouldn't pay to go to said establishment

@ammarxghori: thats so stupid LOL food porn = public interest in the food via social media = more popularity/customers/interest

@_Escape_Artist: public places where it may be a negative distraction to both users and others. Theatres (of all kinds) especially

@Canucklehead_ca: Brett Farve's possession. (See also: US Senators.)

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

metro
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SCENE

Synopsis

Set in the shadow of the gurgling volcano Mount Vesuvius, Pompeii stars Game of Thrones heart-throb Kit Harington as the muscle-bound Milo. His tribe, including his entire family, was wiped out by the vicious Roman Senator Corvus (Kiefer Sutherland) dooming him to a lonely life of servitude under the thumb of Roman masters. Years later as a gladiator in Pompeii's coliseum he sees a way to exact revenge and save Cassia (Emily Browning), the most beautiful girl in the lush resort town. As warriors Milo and Atticus (Adewale Akinnuoye-Agbaje) battle Roman soldiers in the coliseum, the volcano erupts, causing havoc. Will Milo get vengeance and save Cassia before a rolling mountain of lava and ash covers the city?

- Richard: ●●○○○
- Mark: ●●○○○

Pompeii opens this weekend. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Plenty of molten cheese

Pompeii. The volcano is the only actor in this film that shows any kind of fire and spark

Richard: Mark, the spirit of Steve Reeves lives on. If you aren't familiar with Mr. Reeves' oeuvre, he was Hercules before Kevin Sorbo, a legend of beefcake historical drama movies. His movies were all about bulging muscles, swinging swords and damsels in revealing togas. Which brings me to the spiritual cousin to the Reeves movies — Pompeii — which adds spewing lava, but not much else to the sword and sandal genre. Physically, Jason Statham sound-a-like Harrington is up to the heroic Reeves role but is slowed down by the thick layer of molten cheese that covers almost every frame of this film.

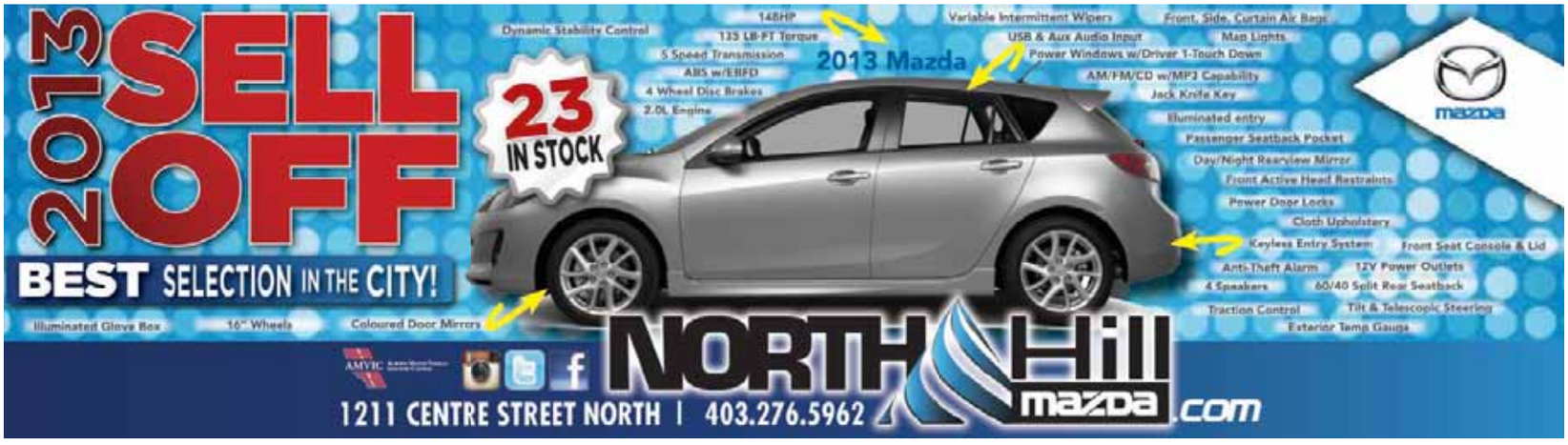
Mark: Richard, the movie reminded me of Titanic, but not in a good way. It's 90 minutes of derivative and irrelevant narrative, a love story between an upper class woman and a commoner, followed by a half hour of the special effects you came to see in the first place. Harrington is fine, but it doesn't matter. The real star is the volcano, and unfortunately, it has the best lines. The gladiator plotline is inferior to other films in the same genre, although I thought the 20 slaves versus 20 centurions scene was handled with great verve.

RC: It does take too long for Mount Vesuvius to blow its top — complete with flying lava meteorites — and when it does, the special effects aren't quite as spectacular as you might hope from a CGI extravaganza. On top of that is muddy-looking 3D. The film overall is dark as though the whole thing was shot through a cloud of volcanic ash. Having said that, I didn't think the volcano had all the best lines. I got a kick out of a prison guard loudly waking up the jailed gladiators by shouting, "Wake up, scum!"

MB: Oh. I thought he was shouting that to the audience. And poor Kiefer Sutherland, given a cardboard role in a papier-mâché film. I kept expecting him to look at the volcano and shout, "We're running out of time!" What I think I would have liked was a drama that showed a cross section of Pompeii life all too tragically snuffed out by the erupting volcano. But maybe that would have been Pompous.

RC: Ha! I felt that when slave trader Graecus said, "You dragged me from a perfectly good brothel for this?" he was speaking directly to me.

MB: Unfortunately the movie didn't speak to me in any way, shape or form.



Seeing lovely Paris through a gun barrel

3 Days to Kill. Touring the City of Light in car chases, dressed in stilettos and latex, was a wild ride for Amber Heard

NED EHRBAR
Metro World News in Hollywood

Amber Heard is the stiletto-wearing trigger-happy boss in Three Days to Kill, which opens this weekend. CONTRIBUTED

Amber Heard has a ball playing Vivi, the trigger-happy, unsympathetic boss to Kevin Costner's retirement-age operative in 3 Days to Kill. Vivi is all deadpan one-liners, stilettos and gun-play, something right out of the imagination of Luc Besson. Which makes sense, since the French filmmaker conceived of the story and co-wrote the script. But Heard's character's high-ranking position in the CIA came as something of a surprise to the actress, as it's something she didn't find out about until after she'd finished filming.

This doesn't seem too bad, as far as work goes.
I'll tell you what isn't bad: Driving through the streets of Paris, shooting a gun out of the window while Kevin Costner tries to steer for you, or getting in a fist fight with a stripper in front of [director] McG's cameras. I had this incredible heightened reality that I had to exist in — I'm basically in a latex suit, full corset, a gun on my hip, shooting another gun with my free hand, wearing a platinum blonde wig and red lipstick, and this is right before I jump out of the car and assassinate a gangster. I look over and I see the Arc de Triomphe or the Eiffel Tower and I'm in a gunfight — it was a very interesting way to see Paris that I didn't quite get from the tour bus.

Your character is in a very Luc Besson world, which just seems like a fun place to be.
Yeah, that was straight out of Luc Besson's head. There's something very liberating about playing a character that has no respect for the rules and the physical laws and the social norms that the rest of us are bound by.

In keeping with that Luc Besson world, you had some pretty impressive costumes. Any particular favourites?
None of them were my favourite, I'll just put it that way. None of the wardrobe was fun to wear. Maybe with the exception of that opening scene [that's more business casual], that was fine for me to do. What wasn't fine was wearing a latex dress in the dead of winter in Paris in heels running through cobblestone streets.

Christensen's comeback. Canadian actor is back on the radar with new films

Hayden Christensen. THE CANADIAN PRESS

Hayden Christensen says it was "quite the adventure" filming the period piece Outcast in China — an experience that was heightened by his co-star Nicolas Cage.

The Vancouver-born actor of Star Wars fame said he was in and around Beijing for nearly four months shooting the action movie, which is set in the 12th century.

"We were filming out in the rural countryside for the most part and some incredible environments. And then working with Nic Cage was a real treat," Christensen said in a recent phone interview.

"He's everything that you expect and more. A super, super nice guy and one of the most professional actors I've ever gotten to work with."

Christensen said that he and Cage portray knights from the Crusades in the film. When the Canadian star first crossed paths with the Oscar winner, Cage already appeared well on his way towards being immersed in his on-screen role.

"First time I met him, he was full on in character and didn't break character for the first couple of weeks," Christensen recalled. "He did a full-on English accent, he had like this wound on one eye, so he was walking around with one eye shut all of the time....

"(He's) just a very dedicated guy. Showed up, he knew all of his lines for the entire movie before we started filming. Just incredibly prepared, and it was really cool to get to work with him because I was a fan."

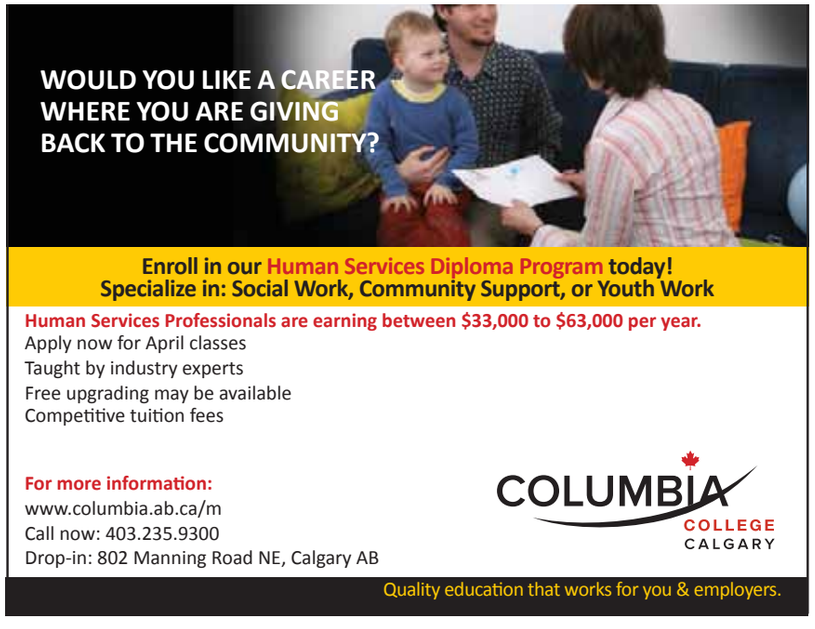
The 32-year-old — who has starred in films including Shattered Glass, Jumper and Awake — appears poised for a return to the big screen. In addition to shooting the recent project with Cage, he is set to appear alongside yet another Oscar winner, joining Adrien Brody in American Heist.

Filmed in New Orleans, Christensen said the pair portray brothers who get caught up with the wrong crowd and "decide it's a good idea to go rob a bank."

Christensen catapulted to international fame with his starring role as Anakin Skywalker in two of the Star Wars prequels: 2002's Episode II - Attack of the Clones and Episode III - Revenge of the Sith, which was released in 2005.

The storied sci-fi franchise will be revived once again with the Walt Disney Co. producing a new Star Wars trilogy set to take place after the original three space epics.

THE CANADIAN PRESS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Thriller

3 Days to Kill

Director. McG

Stars. Kevin Costner, Amber Heard

In this heart pounding action-thriller, Kevin Costner is a dangerous international spy, who is determined to give up his high stakes life to finally build a closer relationship with his estranged wife and daughter, whom he's previously kept at arm's length to keep out of danger. But first, he must complete one last mission.

Rotten Tomatoes™ score
Critics: No reviews yet
Audience: 95%

Film studios still put their faith in religion

God is dead? He might be in some parts, but he's alive and well at the box office

ANNE BRODIE
scene@metronews.ca

With a number of Biblical-themed films slated for release in 2014, religious films are back in vogue a decade after Mel Gibson's The Passion of the Christ earned $611 million and became the highest grossing non-English language film of all time.

In a time when religion is on the wane in North America, religious movies seem to still have box office draw and studios are readily throwing money behind them. John Pungente, director of the Jesuit Communication Project in Toronto, says studios continue to make them for one big reason. "Money. Studios are taking a leap of faith that films with religious figures as super heroes who save the world will bring in big money like The Passion of the Christ."

Last year's most watched TV cable miniseries, The Bible, from devout Christians Roma Downey and Mark Burnett, averaged 11.4 million viewers per episode and became the top-selling DVD miniseries ever — 525,000 copies were sold in the first week. Burnett made the series over strenuous objections in Hollywood.

Downey and Burnett's feature film on the life of Christ, Son of God is in theatres next week and Darren Aronofsky's Noah with Russell Crowe and Exodus, Ridley Scott's biblical epic starring Christian Bale as Moses are also due out this year.

Next year, we'll see Ang Lee's Gods and Kings, currently in development, and Mary (Mother of Christ) with Odeya Rush, Ben Kingsley and the late Peter O'Toole. All are big budget special effects epics.

Quoted

"We go to see movies that attract us because we are seekers, pop pilgrims."

Jesuit Communication Project director John Pungente on the mass appeal of religious films

Burnett, best known for his pioneering work in reality TV, says producing religious content is more than just a money maker.

"This is for billions of people the most important story in their lives," he says.

Religious films have been everything from good to (excuse the pun) God-awful.

They also often polarize audiences, inspiring protests, boycotts and heated debate. Consider the graphic torture scenes in The Passion of the Christ and Willem Dafoe's moment of doubt in The Last Temptation of Christ.

Pungente says a good religious film has certain qualities. "It touches something inside of you, it moves you, if you can connect with the "message" of the film, find answers to questions you've had and find we're more than we thought."

"We go to see movies that attract us because we are seekers, pop pilgrims. We are exercising, consciously or not, a religious sensibility, that engages us in the rituals of self- transcendence, or classic spiritual enlightenment. It's more than media literacy; it is genuine spiritual literacy that grows out of the pop culture in this mass mediated world. So Beasts of the Southern Wild or Life of Pi can be seen as religious a pair of films as The Passion of the Christ or Son of God."

Son of God opens next Friday. CONTRIBUTED

THESE PAGES COVER MOVIE START TIMES FROM FRI., FEB. 21 TO THURS., FEB. 27. TIMES ARE SUBJECT TO CHANGE.

Canyon Meadows
Bay 110 13226 Macleod Trail

47 Ronin (PG) Fri-Thu 9:40
Anchorman 2: The Legend Continues (14A) Fri-Thu 1:15-4:05-6:55-9:55
The Book Thief (PG) Fri-Thu 12:50-3:55-6:45-9:35
Captain Phillips (PG) Fri-Thu 6:55-9:40
Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 1:35-4
Free Birds (G) Fri-Thu 1:25-4:20
Gravity (PG) Fri-Thu 1:30-4:25-7:30-10:05
Her (14A) Fri-Thu 12:45-3:50-6:50-9:50
Lone Survivor (14A) Fri-Thu 1-3:35-7:05-9:45
Saving Mr. Banks (PG) Fri-Thu 12:55-3:40-6:45-9:35
The Secret Life of Walter Mitty (PG) Fri-Thu 1:05-3:45-7:10-10
Thor: The Dark World (PG) Fri-Thu 7-9:50
Walking With Dinosaurs (PG) Fri-Thu 1:30-4:15-7:25

Crowfoot Crossing
91 Crowfoot Terrace

3 Days to Kill (14A) Fri 1:45-4:30-7:10-10:05 Sat 11-1:45-4:30-7:10-10:05 Sun-Tue 1:45-4:30-7:10-10:05 Wed 4:30-7:45-10:05 Thu 1:45-4:30-7:45-10:05 Star & Strollers Screening Wed 1:30
American Hustle (14A) Fri-Thu 10:10
Cats & Dogs (STC) Sat 11
Endless Love (PG) Fri 2:30-5-7:35-10:30 Sat 11:50-2:30-5-7:35-10:30 Sun-Thu 2:30-5-7:35-10:30
Frozen (G) Fri 1:30 Sat 10:55-1:30 Sun-Thu 1:30
Frozen 3D (G) Fri-Thu 4-7
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Thu 9:35
Jack Ryan: Shadow Recruit (PG) Fri 2:15-5:15-7:50-10:30 Sat 11:40-2:15-5:15-7:50-10:30 Sun-Tue 2:15-5:15-7:50-10:30 Wed-Thu 2:15-5:15-10:30
The LEGO Movie (G) Fri 1:35-4:10-6:45 Sat 11:05-1:35-4:10-6:45 Sun-Thu 1:35-4:10-6:45
The LEGO Movie 3D (G) Fri 2:25-4:50-7:15-9:55 Sat 11:45-2:25-4:50-7:15-9:55 Sun 12-2:25-4:50-7:15-9:55 Mon-Thu 2:25-4:50-7:15-9:55
The Monuments Men (PG) Fri-Tue 1:10-4:05-7:05-9:50 Wed 4:05-7:05-9:50 Thu 1:10-4:05-7:05-9:50 Star & Strollers Screening Wed 1:30
National Theatre Live: Coriolanus - Encore (STC) Sat 12:30
National Theatre Live: War Horse (STC) Thu 7
The Nut Job (G) Fri 2 Sat 11:30-2 Sun 11:55-2 Mon-Thu 2
Pompeii 3D (14A) Fri 2:35-5:10-7:45-10:25 Sat 12-2:35-5:10-7:45-10:25 Sun-Thu 2:35-5:10-7:45-10:25
RoboCop (PG) Fri-Thu 1:25-4:25-7:25-10:15
Royal Winnipeg Ballet's Moulin Rouge: The Ballet (STC) Sun 12:55 Wed 7
That Awkward Moment (18A) Fri-Thu 4:20-8-10:20
Winter's Tale (PG) Fri-Thu 1:40-4:35-7:20-10
The Wolf of Wall Street (18A) Fri 1-4:45-8:30 Sat-Sun 4:45-8:30 Mon-Thu 1-4:45-8:30

Eau Claire Market
200 Barlay Parade

American Hustle (14A) Fri 7-10 Sat-Sun 12:40-3:50-7-10 Mon-Thu 6-9
Dallas Buyers Club (18A) Fri 6:50-9:40 Sat-Sun 1-4:10-6:50-9:40 Mon-Wed 5:50-8:40 Thu 9:20
The LEGO Movie (G) Sat-Sun 12:30
The LEGO Movie 3D (G) Fri 6:30-9:20 Sat-Sun 3:30-6:30-9:20 Mon-Thu 5:30-8:20
The Monuments Men (PG) Fri 6:40-9:30 Sat-Sun 12:50-3:40-6:40-9:30 Mon-Thu 5:40-8:30
RoboCop (PG) Fri 7:10-10:10 Sat-Sun 1:10-4-7:10-10:10 Mon-Thu 6:10-8:50
The Wolf of Wall Street (18A) Fri 8:30 Sat-Sun 12:20-4:30-8:30 Mon-Thu 8:10

Landmark Cinemas 16
Country Hills
388 Country Hills Blvd.

3 Days to Kill (14A) Stadium Seating, SR Dolby Digital Fri-Sun 1:30-4:15-7:10-10 Stadium Seating, SR Dolby Digital Mon-Thu 4:15-7:10-10
About Last Night (14A) SR Dolby Digital, Stadium Seating Fri-Sun 1:10-3:40-6:45-9:10 SR Dolby Digital, Stadium Seating Mon-Thu 3:40-6:45-9:10
American Hustle (14A) SR Dolby Digital, Stadium Seating Fri-Sun 12-3:20-6:15-9:25 SR Dolby Digital, Stadium Seating Mon-Thu 3:20-6:15-9:25
Endless Love (PG) SR Dolby Digital, Stadium Seating Fri-Sun 12:40-3:10-7:45-10:15 SR Dolby Digital, Stadium Seating Mon-Thu 3:10-7:45-10:15
Frozen (G) SR Dolby Digital, Stadium Seating Fri-Thu 4:30
Frozen 3D (G) SR Dolby Digital, Stadium Seating Fri-Sun 1
Gunday (PG) SR Dolby Digital, Stadium Seating Fri-Sun 1-5-9:05 SR Dolby Digital, Stadium Seating Mon-Thu 5-9:05
Hasee Toh Phasee (PG) SR Dolby Digital, Stadium Seating Fri-Sun 12:10-6-9:20 SR Dolby Digital, Stadium Seating Mon-Thu 6-9:20
Highway (STC) Stadium Seating, SR Dolby Digital Fri-Thu 3-6:20-9:40
The LEGO Movie (G) SR Dolby Digital, Stadium Seating Fri-Sun 12-12:30-3:15-3:30-6:10-9 SR Dolby Digital, Stadium Seating Mon-Thu 3:15-6:10-9
The LEGO Movie 3D (G) SR Dolby Digital, Stadium Seating Fri-Sun 1:30-4:10-6:40-9:30 SR Dolby Digital, Stadium Seating Mon-Thu 4:10-6:40-9:30
The Monuments Men (PG) SR Dolby Digital, Stadium Seating Fri-Sun 12:50-3:50-6:50-9:45 SR Dolby Digital, Stadium Seating Mon-Thu 3:50-6:50-9:45
Non-Stop (PG) SR Dolby Digital, Stadium Seating Thu 10
Pompeii (14A) SR Dolby Digital, Stadium Seating Fri-Thu 4:50
Pompeii 3D (14A) SR Dolby Digital, Stadium Seating Fri-Sun 1:15-7:30-10:10 SR Dolby Digital, Stadium Seating Mon-Thu 7:30-10:10
Ride Along (PG) SR Dolby Digital, Stadium Seating Fri-Sun 1:40-4:40-7:40-10:05 SR Dolby Digital, Stadium Seating Mon-Wed 4:40-7:40-10:05 SR Dolby Digital, Stadium Seating Thu 4:40-7:40
RoboCop (PG) SR Dolby Digital, Stadium Seating Fri-Sun 12:20-3:30-6:30-9:35 SR Dolby Digital, Stadium Seating Mon-Thu 3:30-6:30-9:35
RoboCop: The IMAX Experience (PG) SR Dolby Digital, Stadium Seating Fri-Sun 1:05-4-7-9:55 SR Dolby Digital, Stadium Seating Mon-Thu 4-7-9:55
Winter's Tale (PG) SR Dolby Digital, Stadium Seating Fri-Sun 1:20-4:20-7:20-10:05 SR Dolby Digital, Stadium Seating Mon-Tue 4:20-7:20-10:05 SR Dolby Digital, Stadium Seating Wed 1-4:20-7:20-10:05 SR Dolby Digital, Stadium Seating Thu 4:20-7:20-10:05
The Wolf of Wall Street (18A) SR Dolby Digital, Stadium Seating Fri-Thu 8

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3 Days to Kill (14A) Digital Presentation, Stadium Seating Fri-Thu 1:45-4:40-7:45-10:20
Endless Love (PG) Digital Presentation, Stadium Seating Fri-Thu 12:40-3:40-6:20-9:20
Frozen (G) Digital Presentation, Stadium Seating Fri-Thu 4
Frozen 3D (G) Digital Presentation, Stadium Seating Fri-Thu 1-7:10
The Hobbit: The Desolation of Smaug (PG) Digital Presentation, Stadium Seating Fri-Wed 9:45
The LEGO Movie (G) Digital Presentation, Stadium Seating Fri-Thu 12:30-3:30-6:30
The LEGO Movie 3D (G) Digital Presentation, Stadium Seating Fri-Thu 1:15-4:15-7:20-10
The Monuments Men (PG) Digital Presentation, Stadium Seating Fri-Thu 12:10-3:10-7-9:50
Pompeii 3D (14A) Digital Presentation, Stadium Seating Fri-Thu 1:30-4:30-7:30-10:15
RoboCop (PG) Digital Presentation, Stadium Seating Fri-Thu 12:50-3:45-6:45-9:30-10:10
Winter's Tale (PG) Digital Presentation, Stadium Seating Fri-Tue 12:20-3:20-6:15-9:15 Digital Presentation, Stadium Seating Wed 3:20-9:30 Digital Presentation, Stadium Seating Thu 12:20-3:20-6:15-9:15 Digital Presentation, Stadium Seating Wed 1
The Wolf of Wall Street (18A) Digital Presentation, Stadium Seating Fri-Wed 12-3:50-8 Digital Presentation, Stadium Seating Thu 3:50-8

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12 Years a Slave (14A) Fri 1-4-7:20-10:30 Sat 1-7:20-10:30 Sun 1-4-10:30 Mon 12:30-3:30-10:10 Tue 1-4-7:10-10:10 Wed-Thu 1-4-10:10
3 Days to Kill (14A) Fri-Wed 2-4:45-7:30-10:20 Thu 4:45-7:30-10:20 Star & Strollers Screening Thu 1
About Last Night (14A) Fri-Sun 12:30-3-5:30-8-10:30 Mon-Wed 12:50-3:50-7:05-10:15 Thu 12:50-3:50-7:05-10:35
American Hustle (14A) Fri-Thu 9:55
Cats & Dogs (STC) Sat 11
Endless Love (PG) Fri-Sun 12-2:35-5:05-7:35-10:25 Mon-Wed 1:05-4:20-7:30-10:10 Thu 4:20-7:30-10:10 Star & Strollers Screening Thu 1
Frozen (G) Fri-Sun 5:05 Mon-Thu 4:45
Frozen 3D (G) Fri-Sun 7:45 Mon-Thu 7:20
Frozen Sing-Along (STC) Fri-Sun 2:25 Mon-Thu 2:10
The Hobbit: The Desolation of Smaug (PG) Fri-Sun 11:45 Mon-Thu 1:20
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Sun 3:20-7:05-10:35 Mon-Thu 5:20-9:30
I, Frankenstein (PG) Fri-Thu 10:20
Jack Ryan: Shadow Recruit (PG) Fri-Sun 1:35-4:10-7:25-10:25 Mon-Wed 1:25-4:10-7:15-10:15 Thu 1-3:40-6:25
The LEGO Movie (G) Fri-Thu 1:30-4:05-6:40
The LEGO Movie 3D (G) Fri-Sun 11:30-2-4:45-7:20-9:50 Mon-Thu 2-4:45-7:20-9:50
The Monuments Men (PG) Fri-Sun 1:20-4:20-7:15-10:05 Mon-Thu 1:20-4:20-7:25-10:25
National Theatre Live: Coriolanus - Encore (STC) Sat 12:30
National Theatre Live: War Horse (STC) Thu 7
Non-Stop (PG) No Passes Thu 9
Pompeii 3D (14A) Fri-Sun 12:15-2:50-5:25-8-10:40 Mon-Thu 2:40-5:15-7:50-10:30
Ride Along (PG) Fri-Sat 1:45-4:25-7:10-9:45 Sun 1:15-3:55-7:10-9:45 Mon-Tue 12:30-4-7:05-9:30 Wed 12:30-4-7:05-10:05 Thu 12:30-4-7:05-9:30
RoboCop (PG) Fri-Sun 1:50-4:50-7:40-10:35 Mon-Thu 1:50-4:50-7:40-10:30
RoboCop: The IMAX Experience (PG) Fri-Thu 1:10-4:05-7:10-10:05
Royal Winnipeg Ballet's Moulin Rouge: The Ballet (STC) Sun 12:55 Wed 7
Takedown: The DNA of GSP (14A) Sat 4:30
That Awkward Moment (18A) Fri-Sun 12:40-3:05-5:30-7:50-10:10 Mon-Thu 12:40-3:20-6:50-9:40
Winter's Tale (PG) Fri-Thu 1:40-4:30-7:15-10:15
The Wolf of Wall Street (18A) Fri 2:40-6:30-10:15 Sat-Sun 6:30-10:15 Mon-Thu 1-5-9:35
WWE Elimination Chamber - 2014 (STC) Sun 6

Plaza Theatre
1133 Kensington Rd. N.W.

12 Years a Slave (14A) Sat 1:30-6:45 Sun 1:30-6:30 Mon-Wed 6:50
Philomena (PG) Sat-Sun 4 Mon-Thu 9:15
The Saratov Approach (PG) Fri 9:15 Sun 9

Sunridge Spectrum
2555 32nd Street

About Last Night (14A) Fri 1:50-4:30-7:10-9:45 Sat-Sun 11:15-1:50-4:30-7:10-9:45 Mon-Thu 1:50-4:30-7:10-9:45
Cats & Dogs (STC) Sat-Sun 11
Endless Love (PG) Fri 1:30-4:40-7:25-10:05 Sat 11:30-2:10-4:40-7:25-10:05 Sun 2:10-4:40-7:25-10:05 Mon-Tue 1:30-4:40-7:25-10:05 Wed 4:40-7:25-10:05 Thu 1:30-4:40-7:25-10:05 Star & Strollers Screening Wed 1:30
Frozen (G) Fri 1:25 Sat 11-1:40 Sun 1:40 Mon-Thu 1:25
Frozen 3D (G) Fri 4:10-7 Sat-Sun 4:20-7 Mon-Thu 4:10-7
Gunday (PG) Fri 1:55-5:35-9:10 Sat-Sun 2-5:35-9:10 Mon-Thu 1:55-5:35-9:10
Highway (STC) Fri-Thu 2:05-5:40-9:05
The Hobbit: The Desolation of Smaug 3D (PG) Fri 9:40 Sat-Sun 9:35 Mon-Thu 9:40
Ishq Brandy (STC) Fri-Thu 1:35-5:15-9
The LEGO Movie (G) Fri 1-3:35-6:55 Sat-Sun 11-1:45-4:25-6:55 Mon-Tue 1-3:35-6:55 Wed 3:35-6:55 Thu 1-3:35-6:55 Star & Strollers Screening Wed 1
The LEGO Movie 3D (G) Fri 1:30-4:15-7:25-10:10 Sat 11:35-2:10-5-7:35-10:10 Sun 2:10-5-7:35-10:10 Mon-Thu 1:30-4:15-7:25-10:10
The Monuments Men (PG) Fri 1:15-4:10-7:05-10 Sat-Sun 12:10-3:10-7-10 Mon-Thu 1:15-4:10-7:05-10
Pompeii 3D (14A) Fri 2-4:45-7:30-10:15 Sat-Sun 12:15-2:50-5:25-8-10:40 Mon-Thu 2-4:45-7:30-10:15
Ride Along (PG) Fri 1:45-4:35-7:15-9:50 Sat 11:20-1:55-7:05-9:40 Sun 1:55-9:40 Mon 1:45-4:35-9:50 Tue-Thu 1:45-4:35-7:15-9:50
RoboCop (PG) Fri 1:10-4:05-7:10-10:10 Sat-Sun 12-3:15-7:10-10:10 Mon-Thu 1:10-4:05-7:10-10:10
Starting Over Again (STC) Fri 2:15-5:30-9:15 Sat-Sun 2-5:30-9:15 Mon-Thu 2:15-5:30-9:15
Takedown: The DNA of GSP (14A) Sat 4:30 Mon 7:30
That Awkward Moment (18A) Fri-Thu 9:30
Winter's Tale (PG) Fri 1:05-4-7:20-10:15 Sat-Sun 11:05-1:55-4:45-7:35-10:25 Mon-Thu 1:05-4-7:20-10:15
WWE Elimination Chamber - 2014 (STC) Sun 6

Westhills 10
165 Stewart Green

American Hustle (14A) Fri-Sun 3:35-6:55-10:15 Mon-Thu 8:40
August: Osage County (14A) Fri-Sun 9:15
Endless Love (PG) Fri-Sun 1:20-4:10-7:10-9:50 Mon-Thu 6:10-8:45
Frozen (G) Fri-Sun 12:30 Mon-Thu 5:25
Frozen 3D (G) Fri-Sun 3:15-6:30
The LEGO Movie (G) Fri-Sun 12:45-3:30-6:45 Mon-Thu 6-8:30
The LEGO Movie 3D (G) Fri-Sun 12-2:30-5-7:30-10 Mon-Thu 5:40-8:10
The Monuments Men (PG) Fri-Sun 12:50-3:50-7:05-10:05 Mon-Thu 5:50-9:05
The Nut Job (G) Fri-Sun 12:40 Mon-Thu 5:45
Philomena (PG) Fri-Sun 12:20-3:40-6:50-9:20 Mon-Thu 5:55-8:25
Pompeii 3D (14A) Fri-Sun 1-3:55-7:25-10:10 Mon-Thu 6-8:50
RoboCop (PG) Fri-Sun 1:05-4:05-7:15-10:10 Mon-Thu 6:10-9
Winter's Tale (PG) Fri-Sun 12:55-4-7-9:55 Mon-Thu 5:30-8:35
The Wolf of Wall Street (18A) Fri-Sun 9:05 Mon-Thu 8

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Game of Thrones cast promises a new season full of twists and turns

Action packed. Offscreen pals Kristian Nairn and Isaac Hempstead-Wright say season four will deliver the goods

Stars of HBO's hit series Game of Thrones, Kristian Nairn (Hodor) and Isaac Hempstead-Wright (Bran Stark) pose at a publicity event in Toronto this week. LUCAS OLENIUK/TORSTAR NEWS SERVICE

While the much buzzed-about Red Wedding episode delivered a gut punch to Game of Thrones fans, the new season of the fantasy epic appears poised to do more of the same with the potential for plenty of fresh plot twists.

"Some people thought that after the Red Wedding that that would be a major pinnacle of the action," said Kristian Nairn, who portrays Hodor in the hit series during a recent interview in Toronto alongside co-star Isaac Hempstead-Wright (Bran Stark).

"But it doesn't let up, the action doesn't let up, and season four is definitely non-stop."

Dressed casually in a hoodie, T-shirt and jeans with miniature tattoos of stars dotted above his right eye, the affable actor is strikingly different than his Games character Hodor, the simple-minded servant for the Starks. Hodor becomes a trusted companion to young Bran, tasked with carrying the boy who is paralyzed after being pushed from a tower window.

The onscreen kinship between Nairn and Hempstead-Wright has translated away from the cameras, as the pair share a laugh prior to their interview looking on a mobile phone at a photo of a dog sent in by a fan.

"We're definitely close in real life — and we didn't really have a choice not to be close. We were sort of forced into each other's proximity. I hope it comes across on camera," said Nairn.

"I'm very protective of Isaac — even in real life. I would like to think that that shows in the character."

Still, despite relishing his role, hoisting Hempstead-Wright on his back for lengthy shoots — often with several retakes — has become a bit of an occupational hazard for the six-foot-10 Nairn.

"Painful. I've got numerous back injuries because of it," said Nairn. "He's literally three times the size he was when I first met him."

He looks at Hempstead-Wright: "You were four stone (56 pounds) when I first met you."

"I think I'm twice that now," the 14-year-old replied.

"Maybe more," countered Nairn. "I'll bet more."

"What have you got against my weight?" asked Hempstead-Wright, teasingly.

Nairn lets out a hearty laugh.

"On my back, I've got against it," he replied, jokingly. "He's definitely grown quite a lot."

For Hempstead-Wright, who lives in a secluded rural part of Kent in the U.K., he says life remains very much the same as when he first joined the acclaimed series, filming the pilot at age 10. Given the show's very adult subject matter, he admits his mother "didn't really want to watch it at all."

"It was a process, but in a sense that the violence wasn't so much a problem because you knew that it was all fake. You'd be walking around with dead bodies on the ground and taking pictures of them," he said. "My mum found the sex a bit more of a problem, and she just gave me equally inappropriate talks about it all."

Nairn said season four will be interesting in terms of story arc as the duo are joined by Jojen and Meera Reed (Thomas Brodie-Sangster and Ellie Kendrick) as they journey beyond the Wall along the northern border — and into potential danger.

"We're doing the completely sort of illogical thing because everybody else is trying to run as far away from the north as possible, and we're running straight into it," said Hempstead-Wright.

Neither of the stars have read the George R.R. Martin books but both are keen to read the scripts and admit there are inherent advantages to being a part of such a large ensemble.

"They need to have a big cast and the introduction to new characters to counter the huge loss every 10 minutes of different characters," said Hempstead-Wright.

"The characters make the show what it is because they're rich, there's intrigue, you never know what they're thinking or whether they're going to completely change tack. They interweave, and when you think one is completely miles away, they suddenly collide and you get this whole new storyline."

THE CANADIAN PRESS

Quoted

"The characters make the show what it is because they're rich, there's intrigue, you never know what they're thinking or whether they're going to completely change tack."

Isaac Hempstead-Wright, who plays Bran Stark

DVD release

Prior to the April 6 season premiere on HBO Canada, fans can revisit or catch up on the world of Westeros with Game of Thrones: The Complete Third Season now available on DVD, Blu-ray and for digital download.

- The Blu-ray showcases bonus extras, including an in-episode guide with backgrounders on the characters, locations and relevant histories, as well as a comprehensive feature on the creation of the penultimate episode, The Rains of Castamere, with nearly two hours of never-before-seen material and fresh looks at the Red Wedding.

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With new album, Stephen Malkmus assures us he's 'just busy being me'

Never a cliché. Jicks frontman has a love for pop, but can't help marching to the beat of his own drummer

PAT HEALY
Metro World News

Stephen Malkmus and the Jicks LEAH NASH

When we tell Stephen Malkmus that a lot of the songs on his new album with the Jicks, Wig Out at Jagbags, sound like classic rock, but with lyrics that are likely too clever for casual classic rock fans to embrace, we accidentally tap into a brief vein of existential angst.

"It doesn't last long, it doesn't really give you a pay off, it's like a tease, a tease of that kind of stuff; an elusive classic rock with no payoff," he begins to consider.

"That's sort of what I feel like life is often like. The big payoffs, we know they are false and we know that they have already been done.

"It's like we know our presidents lie and that there are huge losers in capitalism, it's part of our identity in this era."

But Malkmus seems like he's OK with this. He also seems fully immersed in this era.

He's been taking his kids, aged six and nine, to see concerts by pop acts like Macklemore & Ryan Lewis and Lorde.

"I think that's how music is too," he says about the false big payoffs.

"I can get transported by a person's voice occasionally and when it's the right mix of some emotion, just luckily sometimes. I can feel something transcendent occasionally, but even then I am kind of left just saying, 'Oh hey, nice work! They pulled that off.'"

If Malkmus sounds cynical in conversation, the content on Wig Out is at the opposite end of the spectrum.

There's the aforementioned elusive classic rock sound, as well as sounds that are almost easy listening. The lyrics feel dashed off, but are never clichéd.

On Independence Street, one of the most classic rockingest tracks, Malkmus sings, "I don't have the stomach for your brandy/I can hardly sip your tea/I don't have no teeth left for your candy/I'm just busy being me."

There's even a nostalgic ode to going to see punk rock shows with Rumble at the Rainbo. It's important to note that the song about punk rock is not actually a punk rock song. It's more of a showy pop number.

For as long as Malkmus has been writing songs, he's always defied conventions, especially in his early beginnings with Pavement (this year historically marks the year that the Jicks have existed longer than Pavement).

But one has to wonder, will Malkmus ever take an honest stab at something that does give the masses that payoff?

"There's no point to doing that for us," he says.

"I just kind of don't have the mind for that. The thing to do is to make a catchphrase whatever it is, I Put a Spell on You, Daydream Believer, just one thing, and that's kind of the song and then it all just flows around that. That's a pop song, lyrically.

"I think I probably could write one of those lines and keep repeating it at the chorus and it almost doesn't even matter what you say, except that some things might be poetic in rare cases, or even not even poetic but emotional, but that formula just feels like a jingle-writer to me.

"I have thought about it, I understand it, and I appreciate the simple genius of people that can do that. I don't think it's anything really to talk down about, I just don't do it. Maybe I can't do it. It doesn't interest me. I like the sentiment of songs that do that. It encapsulates a lot of feeling in a small amount of words."

Quoted

"It doesn't last long, it doesn't really give you a pay off, it's like a tease, a tease of that kind of stuff; an elusive classic rock with no payoff."

Stephen Malkmus
on the sound of his new album, Wig Out at Jagbags

Running on Pavement

On the Wig Out at Jagbags song J Smoov, a horn plays a light riff that sounds a lot like the "nanny nanny boo boo" melody of the Pavement song, Stereo. This is news to Malkmus. "Good point! I didn't think of that," he says. "I don't even think the guy who played that knew. The guy that did that, he was just really talented, I just ran three horn solos, and he just did that."

Tour dates

Stephen Malkmus and the Jicks will be playing a series of dates in Western Canada come April. Check out stephenmalkmus.com for details.

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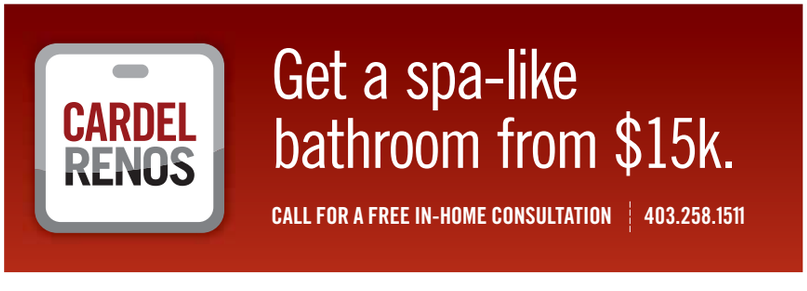

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Jennifer Lawrence

Those good rumours about 'lovely' Lawrence are true

All the reports about Jennifer Lawrence being completely down-to-earth and relatable are apparently on the up and up. Clarista Hoult, sister to Lawrence's boyfriend Nicholas Hoult, tells Heat magazine that the Oscar-winner is "lovely" and "really easy to talk to" in real life. "She doesn't seem like a Hollywood type. She just (fits) in," Clarista tells the magazine. "We didn't talk about work. We talked about what was on the TV."

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The Word

Empathetic Franco worried about the shape Shia is in

Well, this was inevitable. As Shia LaBeouf contends with responses to his "performance art" piece from last week, #IAMSORRY, fellow actor and high-brow aspirant James Franco has taken to the New York Times Op-Ed page to voice his opinion on the matter. "Though the wisdom of some of his actions may seem questionable, as an actor and artist I'm inclined to take an empathetic view of his conduct," Franco writes. "This behaviour could be a sign of many things, from a nervous breakdown to mere youthful recklessness. For Mr. LaBeouf's sake I hope it is nothing serious." Franco recounts his own decision to join the daytime soap opera General Hospital, as a means "to undermine the tacit —or not so tacit — hierarchy of entertainment," before concluding: "I think Mr. LaBeouf's project, if it is a project, is a worthy one. I just hope that he is careful not to use up all the good will he has gained as an actor in order to show us that he is an artist."

Posh ready to Spice up middle-class fashion

Posh Spice is getting decidedly less posh, all in the name of brand expansion. Victoria Beckham is reportedly going to start making clothes for the common folk, according to Radar Online. "Victoria has decided to branch her label out of its very upmarket roots," a source says. "She'll finally be able to crack the mid-range department store market that has made millions for stars like Jessica Simpson." Yes, but will she be able to look at herself in the mirror? "It took Victoria a while because she can be so stuck up about everything," the source explains. "But she's finally admitted to herself and her team that she'd like to conquer a store such as Macy's and not just be known for high-end clothing."
In an interview with Metro last year, Beckham acknowledged that her role as a fashion designer is to "empower" women. "I'm proud of what I've achieved with my team and with how my business is growing," she told us. "I'm glad that I can make women feel empowered. Because that's ultimately why I do what I do."

Graham Auctions

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Liquid Assets

Rhône rules

LIQUID ASSETS
Peter Rockwell
@therealwineguy
Facebook: therealwineguy
liquidassets@eastlink.ca

With French wines on the comeback trail, one region in particular has found a place in the hearts and mouths of wine lovers.

Though the Rhône valley is not as flashy as Bordeaux and Champagne or as mysterious as Burgundy, its wines combine Old World charm with New World drinkability.

The southern France valley is divided into two parts. In the north the wines get their fuller flavours thanks to the dominance of the syrah grape. The lighter wines in the south are ruled by grenache, a major influence on the region's most famous wine, Châteauneuf-du-Pape.

Père Anselme's 2011 La Fiole Côtes-du-Rhône ($14.99 -$18.99) is 85 per cent grenache. Its smooth blend of blackcurrant, licorice and bright berries comes wrapped in Anselme's famous crooked bottle.

A Côtes-du-Rhône is one of the few reds I think pairs well with a meaty bowl of chili. Try it with winter stews, sausage-based dishes and roast turkey dinners as well. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Peachy-keen on crumble

DONNA HAY
gustotv.com

1. Preheat oven to 200°C (400°F). Roll out pastry between 2 sheets of non-stick baking paper into a rough round about 5 mm thick.
2. Place the pastry on a baking tray lined with non-stick baking paper. Spread the pastry with the jam leaving a 5 cm border. Top the jam with the peaches. Fold over the pastry to form a rim.
3. To make the crumble topping, combine the butter, almonds, flour, sugar and cinnamon. Sprinkle in clumps over the top of the peaches.
4. Bake for 25 minutes or until pastry and the crumble top are golden. Serve warm with vanilla ice cream.

Ingredients

- 350 g store-bought or homemade sweet shortcrust pastry
- 3 tablespoons apricot jam
- 3 peaches, sliced
- vanilla ice cream, to serve

Crumble topping

- 40 g butter, softened
- 2 tablespoons slivered almonds, finely chopped
- ¼ cup (35g) plain (all-purpose) flour
- 2 tablespoons caster (superfine) sugar
- ½ teaspoon ground cinnamon

Looking for a savoury and a sweet to put on the table pronto? Bestselling Australian chef Donna Hay shows us how with recipes from her cookbook Fast, Fresh, Simple.

Stir-fried shrimp fill out an omelette nicely

FAST, FRESH, SIMPLE
Donna Hay
gustotv.com

Ingredients

- 2 teaspoons sesame oil
- 2 eggs, lightly beaten
- 1 tablespoon vegetable oil
- 2 teaspoons grated ginger
- 1 long red chilli, finely sliced
- 4 green onions (scallions), finely sliced
- 10 large green (raw) prawns (shrimp), peeled and cleaned
- 4 cups cooked jasmine rice
- soy and chilli sauces, to serve

1. Heat a non-stick frying pan over medium heat. Add half the sesame oil and half the egg and swirl to coat the pan.

2. Cook for 1 minute or until the egg has set. Remove from pan, set aside and repeat with remaining egg and oil.

3. Heat the frying pan over high heat. Add the vegetable oil, ginger, chilli and onion and cook for 1 minute.

4. Add the prawns and cook for 3 minutes.

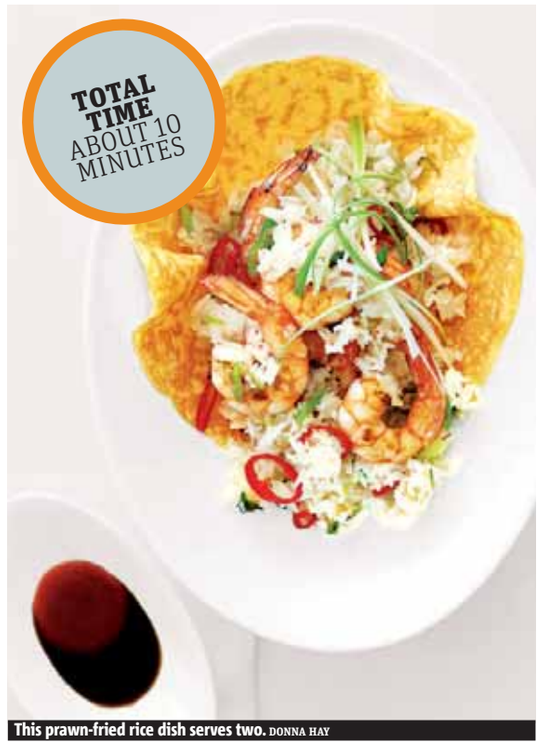
5. Add the rice and cook for 2–3 minutes or until warmed through.

6. Place the omelettes on serving plates and spoon over the rice mixture. Drizzle with soy and chilli sauces to serve.

WATCH DONNA HAY FAST, FRESH, SIMPLE MONDAY TO THURSDAY AT 6 P.M. EST ON GUSTO TV, CANADA'S NEW FOOD & LIFESTYLE CHANNEL. VISIT GUSTOTV.COM FOR FULL PROGRAM LINE-UP AND MORE GREAT RECIPE IDEAS.

GustoTV

Australian chef Donna Hay is one of the great culinary masters airing on GustoTV. One of Canada's newest TV channels, Gusto features cooking and culinary travel shows each night, hosted by chefs and foodies from around the world, as well as here at home. For more details, check your local listings or visit gustotv.com.



This prawn-fried rice dish serves two. DONNA HAY

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NOTABLE NOW
Julian Brass, Founder of notable.ca, Canada's online source for young professionals

Craft Beer Night

On Feb. 24, Craft is hosting Alberta's official New Belgium Brewing launch. Guests will be treated to 14 tasty new Belgian beers on tap for one night only and have the chance to meet brewmaster Grady Hull, who will be talking about all things related to craft beer. There will also be lots of snacks passed around that pair perfectly with Belgian beer. What more could you ask for on a Monday night? Check out the Craft Facebook and Twitter pages for more information on how to win prizes. calgary.craftbeermarket.ca.

A Tribute To Ray

Ray Charles is one of the most iconic men in the history of music who left his mark on soul, blues, gospel and even country. On Feb. 24, John Gray and Donald Ray Johnson will be performing Charles' greatest hits. Nobody can deny the greatness of songs like Unchain My Heart and Hit The Road Jack. All the fun starts at 8 p.m. at the National Music Centre (located at 134 11th Avenue SE). Tickets are $25. nmc.ca.

Highwood Dining Room

Looking to try something new for lunch? During the winter season, SAIT's Highwood Dining Room offers a legendary buffet every Thursday. The students in the culinary program are educated on preparing world-class cuisine and offering the very best service to their patrons. Lunch begins at 11 a.m. on Thursdays and the room fills up quickly, so make sure to book a table. Call 403-284-8615 (Ext. 2) to confirm your spot today. You can also visit the SAIT website to view the winter menu. sait.ca.

Shorty Film Fest

The Globe Cinema (617 8th Avenue SW) is partnering with the cineMAGINE Society of Alberta to bring you the Shorty Film Festival on the 27th of February. The goal of the society is to promote francophone culture by presenting French films. The evening will include a creative selection of short bilingual films and the audience will have a chance to vote for their favourite screening. Refreshments and snacks will be available. Tickets can be purchased at the door for $12. Shows begin at 7 p.m.

Motionball Gala

The 2014 Motionball Gala takes place Feb. 28 and this year the theme is Brighter. Everyone is encouraged to get dressed to the nines in bright and flashy colours. This gala is something that should be on every young professional's radar. You'll have the chance to network while supporting a fantastic cause. The reception begins at 7:30 p.m., followed by a fashion show and entertainment by DJ Skratch Bastid and DJ Rhyno. To buy your ticket, you can visit: motionball.com.

Spruce-up time

The Calgary Home + Garden Show starts on Feb. 27 and runs until March 2 at the BMO Centre and Corral. This is a great event for anyone looking to make home improvements or take on new yard projects. This year, Bryan Baeumler, Tommy Smythe and 650 other exhibitors will be on site to discuss a variety of subject matter. The organizers are so sure that you'll love this show that anyone who isn't satisfied will be offered a full refund. calgaryhgs.com.

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THROWBACK PAYMENT $68/BW O DOWN*

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Throwback payment reflects payment for first 15 months of contract OAC. All payments based of of 60/84 financing OAC. 14 Rondo and 14 Forte financed at 0%, 13 Rio financed at 0% and 14 Sorento financed at 0.99%. 14 Sportage financed at 1.49% and 14 Cadenza financed at 2.49%. After first 15 months of contract payment on 14 Rondo will increase $40, payments on 14 Sportage will increase $47, payments on Sorento will increase $30, payments on 14 Forte will increase $15, payments on 14 Cadenza will increase $30, payments on 13 Rio will increase $20.

CONTRIBUTED PHOTOS

SAIT PROGRAM IS A CUT ABOVE

Forget about worrying what is going to be on the menu — instead, help prepare the items that will be on it.

SAIT Polytechnic is introducing the country's first butchery and charcuterie management certificate program to meet the emerging need in the hospitality sector.

"The industry demand for graduates is high in the restaurant, hotel, and butcher industry," says Tom Bornhorst, dean, school of hospitality and tourism, SAIT. "Our new program focuses on nose-to-tail cooking, giving our graduates a broad skill set that helps them understand where the product came from, how to process it, and how to get the most value from it."

This one-year certificate program will teach students the comprehensive theoretical and practical knowledge of meat handling, including value-added butchery, carcass identification and breaking, and sanitation and management skills — all required for entry into Alberta's rapidly growing retail meat cutting, and charcuterie and culinary trade.

Specific to the art of charcuterie, students will learn extensive curing and product creation methods for salamis, sausages, prosciutto, cured and smoked products, and a host of other proteins.

This program is a cut above the rest and gives students hands-on training in the preparation of beef, pork, poultry, lamb, fish and game in accordance to the retail and culinary industry's standards.

SAIT's butchery and charcuterie labs have undergone extensive renovations, including state-of-the-art curing chambers and smokers.

Students will work in these world-class facilities, including the new Michelle O'Reilly Charcuterie Lab, alongside top instructors.

Graduates of the new butchery and charcuterie management certificate program may go on to pursue a number of diverse career options in the butchery, charcuterie and culinary field.

Graduates may find work locally or abroad as a butcher, culinarian, in-store meat cutter, consultant, meat inspector, as well as other occupations.

For more information on the new butchery and charcuterie management certificate program at SAIT, call 403-284-8612, or visit Sait.ca.

OUR CULINARY TRAINING JUST GOT MEATIER
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SAIT Polytechnic continues to raise the bar in culinary arts training. Our new Butchery and Charcuterie Management certificate program offers a first-of-its-kind educational experience in Canada – one that will meet the demands of a growing industry. Taught by culinary professionals with years of practical experience, students will learn skills in the art of butchery and charcuterie including meat handling techniques and curing methods for proteins.
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Women's hockey.
Canada wins fourth straight Olympic title with comeback win over U.S. capped in OT

Team Canada celebrates its overtime win in the women's gold-medal hockey game in front of Anne Schleper of the U.S. on Thursday in Sochi, Russia. Canada won 3-2. ADRIAN WYLD/THE CANADIAN PRESS

Once again, Marie-Philip Poulin's heroics put Canada on top of the women's hockey podium at the Winter Olympics.

Poulin's goal at 8:10 of overtime gave Canada a 3-2 win over the archrival Americans in the gold-medal final at the Sochi Winter Games on Thursday.

It was her second goal of the game after she tied the score with just 55 seconds left in regulation.

"I don't know what to say, it's so surreal and a dream come true again," she said.

It's a historic fourth straight gold medal for Canada. The only other women's team to win more consecutive Olympic gold is the U.S. in women's basketball with five in a row from 1996 to 2012.

Poulin was a heroine of Canada's gold in Vancouver four years ago. She scored twice in a 2-0 win over the Americans.

"It doesn't feel real yet but I'm an Olympic gold medallist," said Canadian defenceman Jocelyne Larocque.

The dramatic win came for a Canadian team that has faced adversity in recent months with their coach Dan Church resigning in December and Kevin Dineen taking over just weeks before the Sochi Games.

The Canadians took to Dineen right away and he kept them calm Thursday.

"He was so confident in us, going into overtime our coach just told us to be calm and play our game," said Poulin. "He totally believed in us."

The Canada-U.S. rivalry is a bitter one with the teams coming to blows in exhibition games played in the lead-up to Sochi. Canada had lost four straight coming into the Olympics but won when the teams squared off in the round-robin earlier in the Games.

"I'm proud of the fight that we put up for the whole game," said American captain Meghan Duggan. "I'm proud to wear this jersey always, no matter if win or lose.

"It's not the result we wanted," she added, her voice breaking and tears starting to flow.

Trailing 1-0 after two periods and down two goals deep into the third, Canada scored twice in the final 3:26 of the regulation and suddenly the gold that had been slipping away was within reach again.

"It was a hard game," said Canadian veteran Hayley Wickenheiser. "We came back, we never quit, and we believed in ourselves."

Canada's Brianne Jenner halved the deficit at 16:34 of the third with a shot that deflected off of U.S. defender Kacey Bellamy's knee and over goalie Jessie Vetter.

With Shannon Szabados pulled from Canada's net for an extra attacker, forward Kelli Stack's attempted empty-netter that would have sealed the gold for the Americans hit the post.

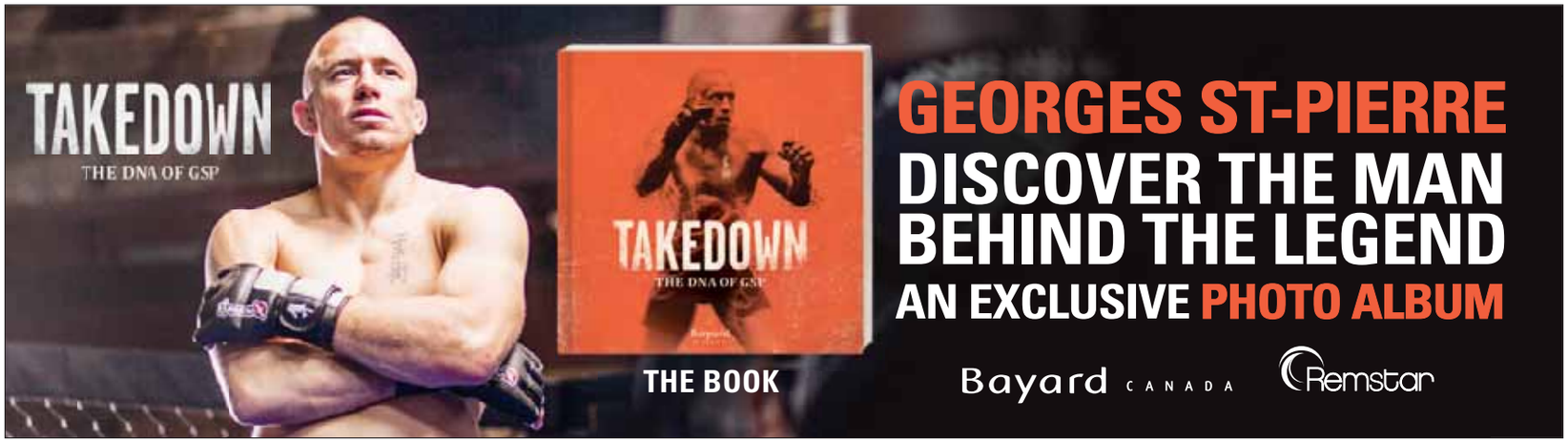
Meghan Duggan and Alex Carpenter were the goal scorers for the U.S.

THE CANADIAN PRESS

Golden dynasty

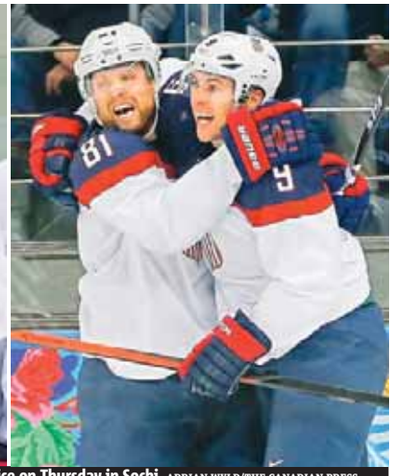
With four straight gold medals in women's hockey, Hayley Wickenheiser, Jayna Hefford and Caroline Ouellette joined Soviet biathlete Alexander Tikhonov and German speedskater Claudia Pechstein as gold medallists in four consecutive Winter Games.

4 SPORTS



It's the semifinal countdown

Deh-neh-neh-neh, deh-neh-neh-neh-neh... Rematch the hockey world's been waiting for promises to settle a few scores



Left: Canadian players Sidney Crosby, from left, Jonathan Toews and Jeff Carter share a laugh at practice on Thursday in Sochi. ADRIAN WYLD/THE CANADIAN PRESS
Right: Phil Kessel has been stellar for the Americans, scoring five goals while playing with Zach Parise. PETR DAVID JOSEK/THE ASSOCIATED PRESS

More than 19,000 kilometres separate Vancouver and Sochi, and four years have passed since Sidney Crosby scored his golden goal.

Team Canada and the United States meet again at the Olympics on Friday, but almost everything — from the size of the rink to the expectations and the stage — has changed since their last meeting at the 2010 Games.

Most importantly, it's not for the gold medal but rather a spot in the final.

"It seems like we were on a crash course to meet those guys," U.S. centre David Backes said. "And we get them in the semifinal instead of the final, which would have been a little more storybook." Throw out the storybook and throw out history. Based strictly on a tournament the Americans have rolled through, they look like the favourites against Canada for the first time at the Olympics since NHL players began participating.

Only Backes and his U.S. teammates are embracing the underdog role and trying to deflate high expectations, while Drew Doughty and Canada want to pump themselves up.

"We don't see ourselves as the underdog," Doughty said. "I think both teams are really evenly matched. I don't know who I would give the upper hand to at this point. But I'm obviously more confident in my team than theirs."

Confidence was brimming from both sides a day before meeting with a chance to clinch a spot in the gold-medal game against Sweden or Finland.

It's easy to see where it's coming from for the Americans, who have outscored opponents 20-6 through four games. While Canadian coach Mike Babcock pointed out that it has been "easy" for the U.S. to score, mostly against Slovakia, Slovenia and the Czech Republic, Backes doesn't see it that way.

"I don't think it's come easy at all, we've had to work for everything we've gotten, second chances, rebounds, dirty goals," he said. "Everything we've gotten we've worked for and we plan to work for everything we're going to get in the future."

U.S. coach Dan Bylsma said there's no "secret" to what his team has done to lead the tournament in scoring. The win over Russia featured two power-play goals, and the rest of the production has been spread around, whether it be Phil Kessel's five goals in pretty fashion or Dustin Brown's two with some grease on them.

Still, Bylsma doesn't want his team to try to go chance-for-chance with the deep Canadians.

"They have more skill and they're a deeper team but we're a harder team to play against," Bylsma said. "We're going to match up and go toe-to-toe with them that way."

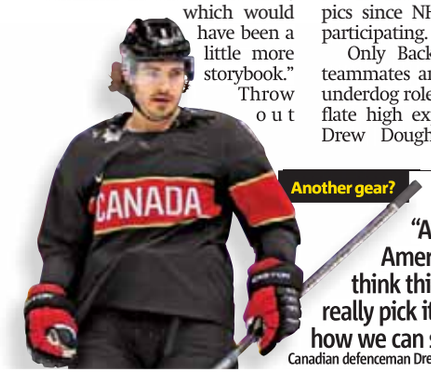
The feeling around the pre-tournament favourite Canadians is that even after scoring just 13 goals through four games, more are bound to come if quality opportunities keep piling up.

"I think we're going to get more opportunities than we've been getting," said Matt Duchene, who will replace the injured John Tavares in Canada's lineup. "I know it's only a matter of time before the dam bursts and we start scoring a lot of goals."

If Canada scores goals at the pace its players do during an NHL regular season, there's no way the U.S. can keep up. That's one thing the Canadians are hoping for by not playing a European team — that this will be a bit more of a North American-style game.

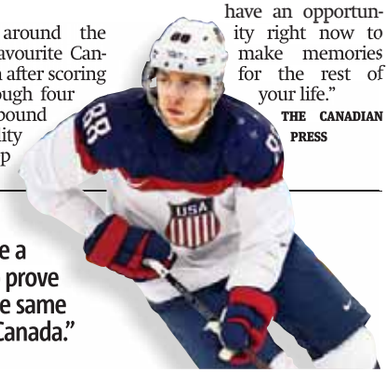
But, again, this is not Vancouver. The ice is still 15 feet wider at Bolshoy Ice Dome than it was at Rogers Arena four years ago, meaning it cannot possibly be the exact same brand of hockey that produced that legendary gold-medal game. "2010's all over with," Team Canada coach Mike Babcock said. "We're at a new opportunity both for them and for us. The teams are different. You have an opportunity right now to make memories for the rest of your life."

THE CANADIAN PRESS



Another gear?

"Against a North American team, I think this is where we really pick it up and show how we can score."
Canadian defenceman Drew Doughty



U.S. and them

"I think we have a chance to try to prove that we're in the same sentence with Canada."
U.S. forward Patrick Kane

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Stone gold Jones the best in the world

Curling. Undefeated skip's gamble in the 9th vs. Swedes places her among best of all time

Jennifer Jones and Kaitlyn Lawes rest their heads on each other as they stand on the podium with Jill Officer and Dawn McEwen (not seen) after defeating Sweden to win the gold medal in the Olympic curling final in Sochi Thursday.
ADRIAN WYLD/THE CANADIAN PRESS

As Jennifer Jones crouched in the hack, cleaning the rock in advance of her last throw, she was already cracking a grin.

As the stone made its way down the ice, the smile got even broader. And when the rock reached the other end, the beaming Winnipeg skip was jumping for joy.

Olympic champion. Perfect record. Money in the bank.

Jones, third Kaitlyn Lawes, second Jill Officer and lead Dawn McEwen defeated Sweden's Margaretha Sigfridsson 6-3 on Thursday in a tense final decided by Canada's steal of two in the ninth. Only then were the Canadian women able to relax and bring out the smiles that have been their Olympic trademark here.

"We're Olympic gold medallists," said a jubilant Jones, wearing the same gold eye shadow she favoured in Wednesday's semifinal. "It's something that you dream of for your entire life. It's what every athlete wants to do and we did it today.

"And we did it in a way where we played so consistent all week. On the biggest stage for sport, we came out and played our best. And I'm so, so proud of us."

The win at the Ice Cube Curling Center improved Canada's record at the Games to 11-0, matching Canadian skip Kevin Martin's feat of winning the 2010 Olympic crown without a loss.

Jones, 39, has now added Olympic gold to the world championship she won in 2008 as well as four Canadian titles.

It's Canada's second women's curling gold. The late Sandra Schmirler won the first in Nagano, Japan, in 1998.

The performance will trigger debate of where Jones belongs in the women's curling pantheon.

One of the greatest of all time?

"I would completely, 100 per cent agree.... Probably one of the best skips to ever play the game," said the 38-year-old Officer, who has been at Jones' curling side for 20 years.

"Best in the world," added the 25-year-old Lawes. "She's an amazing, amazing talent in our sport. And as a person, she's an amazing human being. I've never met anyone kinder."

THE CANADIAN PRESS

Brits vs. Swiss

Britain's Eve Muirhead, the 2013 world champion, defeated Switzerland's Mirjam Ott 6-5 for the bronze medal earlier Thursday.

Figure skating

Russian teen outskates vets

Adelina Sotnikova turned her final spin, then burst into tears.

Sotnikova wasn't even Russia's top-ranked teenager in Sochi, but the unheralded skater slew a field full of veterans Thursday to give Russia its first-ever Olympic gold medal in women's singles.

"This is the happiest day in my life," Sotnikova said. "I simply stepped on the ice today and realized how much I like what I'm doing and skated really good."

The 17-year-old from Moscow, who finished well back in ninth at the world championships last March and arrived in Sochi in the shadow of her adored teammate Julia Lipnitskaia, scored 224.59 points to capture the gold.

South Korean star Yuna Kim, the 2010 Olympic champion, scored 219.11 for the silver, while Carolina Kostner of Italy won the bronze with 216.73.

Kaetlyn Osmond of Marystown, N.L., was the top Canadian in 13th while Gabrielle Daleman of Newmarket, Ont., was 17th.

THE CANADIAN PRESS

NHL. Road to the playoffs begins now for ambitious, well-rested Flames squad

A playoff berth may be the faintest of hopes but the Calgary Flames still have lofty expectations heading into their final 24 games of the National Hockey League season.

In anticipation of their next game against the Los Angeles Kings at home Feb. 27, the Flames hit the ice for an intense 90-minute practice at the Scotiabank Saddledome Thursday, followed by a 40-minute off-ice conditioning session.

"Today it was quite a marathon," said coach Bob Hartley, who ramped up the pace following a lighter practice Wednesday.

"Yesterday was tough. Today was tougher. Tomorrow's going to be tougher but with no gym. We try to obviously get back to our habits, to our details, to our system but at the same time, we know that we were all basically on vacation."

After Calgary lost 2-1 at home to the Philadelphia Flyers on Feb. 8, the players went their separate ways for the Olympic break before reconvening in Calgary for what Hartley called "training camp, part 2."

Flames forward Matt Stajan hopes his team can avoid the Olympic hangover. JIM MCISAAC/GETTY IMAGES FILE

Forward Matt Stajan gets why Hartley and his coaching staff have planned a week of tough practices leading up to next Thursday's game against the Kings.

"You come back, you want to get back into a routine and in a rhythm where your body feels good and you get your skating legs back," Stajan said.

Despite losing their last game to the Flyers, the Flames went through a stretch from Jan. 22 to Feb. 6 where they won six of seven, including five victories in a row at the Saddledome.

THE CANADIAN PRESS

MEDALS

Nation	G	S	B	Tot.
United States of America	8	6	11	25
Russian Federation	7	9	7	23
Netherlands	6	7	9	22
Norway	10	4	7	21
Canada	**7**	**9**	**4**	**20**
Germany	8	4	4	16
France	4	4	7	15
Sweden	2	6	4	12
Switzerland	6	3	2	11
Austria	2	6	2	10
Czech Republic	2	4	2	8
Japan	1	4	3	8
Italy	0	2	6	8
Slovenia	2	1	4	7
Belarus	5	0	1	6
People's Republic of China	3	2	1	6
South Korea	2	2	1	5

WHAT CANADA DID

THURSDAY

CURLING

Women's Final - Canada defeated Sweden 6-3 to capture the **gold medal**, its first in women's curling since 1998. The Winnipeg rink, consisting of skip Jennifer Jones, third Kaitlyn Lawes, second Jill Officer and lead Dawn McEwen, became the first women's team to go through the Olympics undefeated.

FIGURE SKATING

Ladies Free Program - Kaetlyn Osmond (Sherwood Park, Alta.) received 112.80 points in her free program to finish 13th overall (168.98), while Gabrielle Daleman (Newmarket, Ont.) scored 95.83, 17th overall (148.44).

FREESTYLE SKIING

Men's Ski Cross - Brady Leman of Calgary fell in the final and ended up fourth, allowing the three other French finalists to sweep the podium positions. Chris Del Bosco of Montreal and Dave Duncan of London, Ont., were eliminated in the opening round and finished 17th and 26th overall respectively.

Ladies' Ski Halfpipe - Rosalind Groenewoud of Calgary finished 7th overall (74.20 points), while Keltie Hansen of Edmonton failed to qualify for the final and placed 13th overall.

ICE HOCKEY

Women's Final - Canada won its fourth straight Olympic **gold medal** in women's hockey, defeating the United States 3-2 in overtime. Marie-Philip Poulin scored with 55 seconds left in the third period to send it into overtime, and also scored the golden goal on the power play at the 8:10 mark.

CURLING

All Times Eastern
MEN
Wednesday's results
SEMIFINALS
Canada 10 China 6
Britain 6 Sweden 5
Friday's games
BRONZE MEDAL
Sweden vs. China, 3:30 a.m.
GOLD MEDAL
Britain vs. **Canada,** 8:30 a.m.
WOMEN
Wednesday's results
SEMIFINALS
Canada 6 Britain 4
Sweden 7 Switzerland 5
Thursday's results
BRONZE MEDAL
Britain 6 Switzerland 5
GOLD MEDAL
Canada 6 Sweden 3

CANADA 6, SWEDEN 3

Canada	1	0	0	2	0	0	0	1	2—6
Sweden	0	1	0	0	2	0	0	0	0—3

CANADA
Team Shots: 77, **Points:** 253, **Percentage:** 82.
Jennifer Jones, Shots: 19, **Points:** 67, **Percentage:** 88.
Kaitlyn Lawes, Shots: 20, **Points:** 54, **Percentage:** 68.
Jill Officer, Shots: 20, **Points:** 61, **Percentage:** 76.
Dawn McEwen, Shots: 18, **Points:** 71, **Percentage:** 99.
SWEDEN
Team Shots: 77, **Points:** 266, **Percentage:** 86.
Maria Prytz, Shots: 18, **Points:** 61, **Percentage:** 85.
Christina Bertrup, Shots: 20, **Points:** 63, **Percentage:** 79.
Maria Wennerstroem, Shots: 19, **Points:** 67, **Percentage:** 88.
Margaretha Sigfridsson, Shots: 20, **Points:** 75, **Percentage:** 94.

HOCKEY

All times Eastern
MEN
Wednesday's results
QUARTERFINALS
Canada 2 Latvia 1
Sweden 5 Slovenia 0
Finland 3 Russia 1
United States 5 Czech Republic 2
Friday's games
SEMIFINALS
Sweden at Finland, 7 a.m.
Canada at United States, 12 p.m.
Saturday's game
BRONZE MEDAL GAME
Semifinal losers, 10 a.m.
Sunday's game
GOLD MEDAL GAME
Semifinal winners, 7 a.m.
WOMEN
Thursday's results
BRONZE MEDAL GAME
Switzerland 4 Sweden 3
GOLD MEDAL GAME
Canada 3 United States 2 (OT)

CANADA 3, U.S. 2 (OT)

First Period — No Scoring.
Penalties — Watchorn Cda (Body Checking Minor) 2:01, Mikkelson Cda (roughing) 6:13, Knight U.S. (cross-checking) 8:01, Watchorn Cda (tripping) 14:04, Bellamy U.S. (holding) 15:30.
Second Period
1. United States, Duggan 1 (Lamoureux) 11:57.
Penalties — Stack U.S. (hooking) 7:10, Schleper U.S. (cross-checking) 14:14.
Third Period
2. United States, Carpenter 1 (Knight, Stack) 2:01 (pp).
3. Canada, Jenner 1 (Mikkelson, Larocque) 16:34.
4. Canada, Poulin 1 (Johnston, Irwin) 19:05.
Penalties — Watchorn Cda (tripping) 0:07.
Overtime
5. Canada, Poulin 2 (Fortino) 8:10 (pp).
Penalties — Ward Cda (cross-checking) 6:09, Lamoureux U.S. (slashing) 6:15, Knight U.S. (cross-checking) 7:31.
Shots

Canada	9	8	10	4—31
United States	11	5	8	5—29

Goal — Canada: Szabados (W); United States: Vetter (L). **Power plays (goal-chances)** — Canada: 1-7; United States: 1-5.
Referees — Joy Tottman, **Linesmen** — Ilona Novotna, Zuzana Svobodova.
Attendance — 10,639 at Sochi, Russia.

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Horoscopes

♈ Aries
March 21 - April 20
Even if you are the kind of Aries who loves surprises what happens today won't necessarily meet with your approval, especially if the joke is on you.

♉ Taurus
April 21 - May 21
Patience and a sense of humour are a must today. Something is about to happen that not only takes you by surprise but makes your plans redundant, much to your annoyance.

♊ Gemini
May 22 - June 21
Disruptions are likely across the board today but chances are you won't be as inconvenienced as some people. The good news is that upheavals tend to create new opportunities, so keep your eyes open.

♋ Cancer
June 22 - July 23
Whatever activities you had lined up for the next 24 hours you may have to think again because unforeseen events will change everything. You may also have to let go of an idea you were attached to.

♌ Leo
July 24 - Aug. 23
You will discover something new about a friend or colleague today and although it may shock you a bit you will also be impressed, not least because they managed to keep it a secret so long.

♍ Virgo
Aug. 24 - Sept. 23
Something dramatic will happen today and you won't be that impressed. However, if you keep your wits about you this is one surprise that can be turned in your favour.

♎ Libra
Sept. 24 - Oct. 23
You may be bumpier than usual today but that's okay because you are not the sort to panic. You do like to spend money to make yourself feel better and that may be a mistake.

♏ Scorpio
Oct. 24 - Nov. 22
You need to confront a fear that has been holding you back and you need to do it now. A little bit of courage will take you a long way.

♐ Sagittarius
Nov. 23 - Dec. 21
Either you will change your mind and annoy other people, or they will change their minds and annoy you. Either way tempers are going to be a bit on the short side over the next 24 hours.

♑ Capricorn
Dec. 22 - Jan. 20
Don't waste your time or your energy on someone who seems determined to get under your skin. Don't let this feud go on or could develop into something quite dangerous. Just walk away.

♒ Aquarius
Jan. 21 - Feb. 19
Just because you see things in a clear and logical way does not mean other people see with the same kind of eyes or understanding. You will encounter someone today who is rather dull-witted.

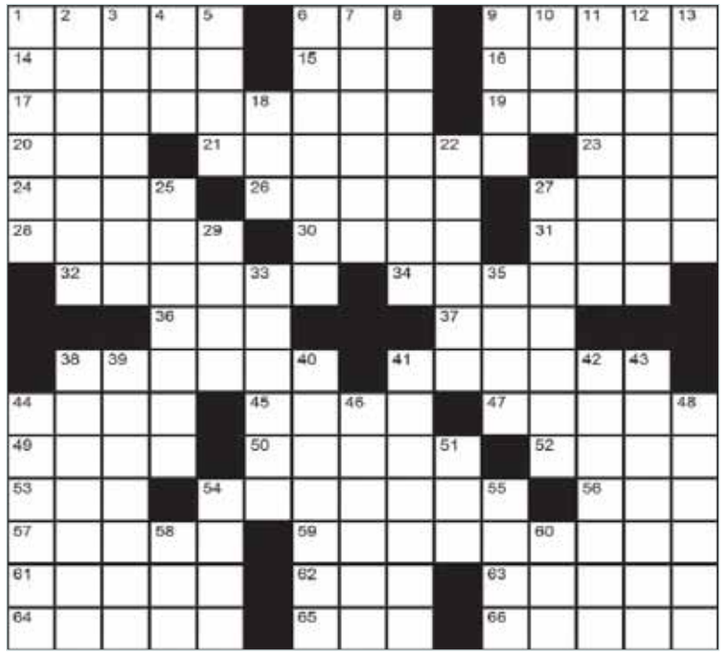
♓ Pisces
Feb. 20 - March 20
Most things are going your way right now but Saturn, planet of restriction, is still holding you back from following your dream. Take it as a sign that you're not ready to make that dream a reality.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Pandemonium
6. Toronto's Union, e.g.
9. SOCHI 2014 - Opening/Closing Ceremonies venue, __ Olympic Stadium
14. Canadian author of the Jalna novel series, Mazo de la __ (b.1879 - d.1961)
15. Record label
16. "...the bombs bursting __...": 2 wds.
17. Montreal borough
19. Joni Mitchell's "_ __ of You"
20. US tax ID
21. SOCHI 2014 - Speed Skating race, Team __
23. Days opp.
24. "So __ __."
26. Soothsayers
27. Rivers: Spanish
28. Lettered gyms
30. Prefix with 'logical'
31. Large lot
32. Pattern
34. Like partially melted snow
36. Writer Mr. Capote, to pals
37. US politics org.
38. Knowing
41. SOCHI 2014 - Podium hauls
44. Shock
45. Karmann __ (Volkswagen of yore)
47. Margarines
49. Ms. Helgenberger
50. French artist Mr. Matisse
52. Led Zeppelin IV, aka what?
53. www address
54. French island where Napoleon was born
56. __ favor (Please, in Spanish)
57. Ambition
59. SOCHI 2014 - Cross-Country race: 2 wds.
61. Soap star Ms. Francis
62. Offs opposites
63. Ms. Clark of country
64. Outer limits
65. Expanse
66. Change hair hue again

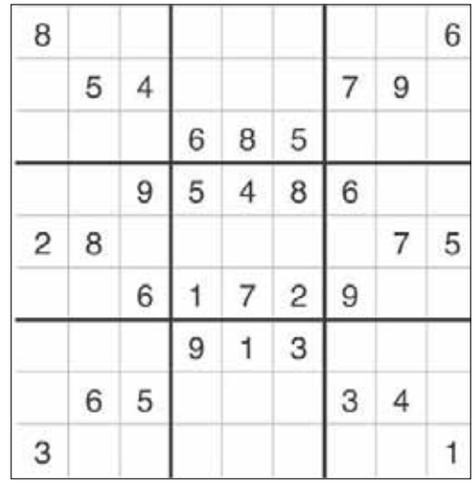
Down

1. SOCHI 2014 - Canadian Men's Ice Hockey captain, Sidney __
2. Hugh Laurie series, "__ _._."
3. Behave politely: 2 wds.
4. "__, '_' is then?" ...asked the person who initially thought 'S' was the 18th letter
5. Permeate
6. Administered an oath: 2 wds.
7. Strained
8. Qualities
9. Italian car
10. "Monsters, __." (2001)
11. District of __ (Vancouver Island municipality)
12. Past
13. Braid: French
18. 12th Greek letters
22. Opera, Tristan und __
25. Savouring
27. Hip-Hop group from Vancouver
29. King
33. Enthusiastic: 2 wds.
35. Reverse
38. Headlined
39. SOCHI 2014 - Winter Olympics sport
40. Lunchbox flask
41. Yahoo! CEO Ms. Mayer
42. SOCHI 2014 - One of the Mascots
43. "My apologies.": 2 wds.
44. Blur
46. So senseless
48. Military foray
51. 'Magnet' suffix
54. Third letters
55. Stars sci.
58. Try
60. Casual top

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

2	1	6	4	8	3	9	7	5
7	5	8	6	1	9	3	2	4
4	3	9	5	7	2	1	8	6
9	6	4	3	5	7	2	1	8
8	2	3	1	9	4	5	6	7
5	7	1	8	2	6	4	9	3
1	4	7	9	3	8	6	5	2
3	8	5	2	6	1	7	4	9
6	9	2	7	4	5	8	3	1

Weather

TODAY	SATURDAY	SUNDAY
MAX: -7° MIN: -7°	MAX: -11° MIN: -18°	MAX: -14° MIN: -26°

BT BREAKFAST TELEVISION

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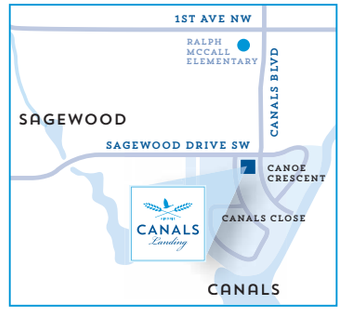

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